

# HYDROPATHY,

OR THE EFFECTUAL

CURE OF ACUTE AND CHRONIC DISEASES

BY THE USE OF

## COLD WATER ONLY,

WITH

DIRECTIONS FOR ITS APPLICATION,

AS PRACTISED BY THE INVENTOR,

### VINCENT PRIESSNITZ,

OF GRAEFENBERG, IN SILESIA.

ALSO, AN ACCOUNT OF THE EXTRAORDINARY CURES EFFECTED BY  
COLD WATER, ON UPWARDS OF 7,000 PERSONS OF ALL RANKS  
AND AGES, AT GRAEFENBERG, AND OTHER PLACES.

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"The learned must now lay aside their science, the practitioner give up his connexion, the apothecary throw his drugs to his dogs, for Nature has at last disclosed to a Mountain Peasant, and through him to the world, her great secret, which sages, philosophers, physicians, and kings so long sought for in their alchymical studies. Thanks to Priessnitz, who never heard of Galen or Hippocrates, we now know no other remedy than water, air, exercise, and diet. Our theory is now, for the first time, a written one. We require to feel no pulses, to examine no tongues; neither diagnostics nor prognostics are necessary."

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# CONTENTS.



	Page		Page
Abdomen, Inflammation of.....	42	Deafness.....	40, 52
Absorption .....	36	Diarrhea, cure of .....	25, 39
Abscesses .....	9	Digestion, weakness of .....	39
Ablutions .....	28	Diseases, how to treat by cold	
Accouchement .....	37	water .....	23, 37
Ague .....	9	—— origin of .....	20
Apoplexy .....	35	Douche-bath .....	8, 12, 24, 32
Baths .....	32—35	Dropsy .....	26, 40
Bandages, cooling .....	28	Drowsiness .....	40
—— stimulating .....	28	Drugs, injurious effects of ....	18
Behrend, Dr., his account of the		Earach .....	40
Hydropathic system .....	6	Engel, Dr., his account of Cold-	
Bleeding at the Nose .....	38	water Cure .....	7
Blindness .....	51	Epilepsy .....	40
Brain, inflammation of.....	42, 56	Erysipelas .....	40
Burns .....	38	Eruptions .....	21
Cancer .....	38, 55	Exhalation .....	36
Capillary action .....	23	Eye-bath .....	33
Catarrh .....	45	Eyes, inflammation of ....	43, 56
Chest, pain in .....	43	—— weakness of, and pains in	50
Chest, inflammation of .....	42	—— sore .....	44
Chilblains .....	39	Fever.....	9, 55, 58
Cholera .....	38, 54	—— Intermittent .....	40
Chronic disease.....	8, 9	—— Nervous .....	40
Claridge, Rbt. Esq., his account	46	—— Typhus.....	54
his cure .....	46	—— Scarlet .....	9, 29
Cold in the Nose .....	39	—— Inflammatory .....	16, 40
Cold water drinking .....	30	Finger-bath .....	33
Colics .....	29, 39	Flannel .....	15
Cold Feet .....	39	Foot-baths.....	20, 33
Conclusion .....	60	Fractures .....	41
Consumptive tendency.....	52	General weakness .....	58
Cold Water injections ....	30, 31	Gonorrhea.....	16
Congestion of blood .....	24, 25	Graefenberg, Mr. Gross's visit to	9
—— to the head .....	39	—— style of living at .....	10, 11
Constipation or Costiveness ..	42	Gripes .....	29, 45
Cough .....	44	Gout.....	9, 41, 52, 56, 58, 59
Crisés.....	13, 34	—— in hands, &c. ....	53
Cures by cold water.....	51		

	Page		Page
Half-bath .....	34	Rheumatism.....	9, 44, 53
Headach .....	41, 59	Rickets, Scrofular .....	44
Head-bath.....	35	Ringworm .....	16, 50
Heartburn .....	42	Rotch, R, Esq., Speech of .....	58, 59
Hemorrhoids.....	25	Scarlatina .....	44, 57
Hooping-cough.....	42	Sciatica .....	16, 44, 54, 59
Hydrophathy .....	5	Scrofula.....	9
Hypochondria .....	42	Sitz-bath .....	24, 35
Hysteries .....	9, 42	Skin .....	36, 37
Hydrophathy, diseases cured by .....	7	Sleep, loss of .....	43
Indigestion .....	42	Small Pox .....	44
Influenza, (note).....	35, 53	Spitting of blood from stomach .....	44
Injections .....	30	Spinal Complaint.....	48
Jaundice .....	9	Sprains .....	45
Joints, stiff .....	45	Stomach, obstructions of.....	9
Limbs, loss of use of .....	53	———— debility of.....	45
Measles .....	29, 44, 57	Sweating .....	23
Menstruation, irregularity of ..	43	Syphilis .....	16, 45
Mercurial diseases .....	43	Sweating process .....	26
Nausea .....	43	Throat, sore .....	30, 44
Neck, stiff.....	44	Tic douloureux .....	45
Nervous affection.....	9	Toothach .....	50
Perspiration ....	13, 14, 34, 36	Typhus .....	54
Piles .....	43	Ulcers .....	50
Pleurisy .....	44	Umschlag .....	28, 30
Practical hints, a few .....	60	Ural complaints .....	29
Priessnitz, account of.....	5	Uterine hemorrhage .....	50
———— sagacity of .....	51	Wesley, Rev. John, his testimo- ny to the efficacy of cold water ..	17
Quinsy .....	44	Wet sheet.....	29
Respiration .....	22	Whites, the .....	45
		Worm .....	50
		Wounds.....	51

# HYDROPATHY,

OR THE

## COLD WATER CURE.

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“WHAT is hydropathy?” The answer is, a system of curing all curable diseases incident to the human frame by the agency of cold spring water, air, and exercise alone. Such an allegation is startling enough, and was first received by ourselves with much distrust, living as we do in an age so fertile of imposture and pretension of mesmerism and mysticism. But we have taken pains to look into this system as practised by Vincent Priessnitz at an establishment he has founded and superintends for its application at Gräfenberg, in Austrian Silesia, and should deem ourselves negligent of our duty did we not invite public attention to the subject. If the system is fallacious, the sooner it is exposed the better; but if effective, as its advocates affirm, then will its extension confer the greatest blessing on suffering mankind. The faculty and *pharmacopole* will, of course, treat Priessnitz's pretensions with derision: but if they are well founded, and his system is generally adopted, the affair will prove no laughing matter for the doctor and the druggist, whose occupations will on such an event be clearly gone. All drugs are pronounced by Priessnitz to be poisons, and all mineral springs to contain, not life, but death in their waters. The horse or the ox which declines Harrogate water is wiser than man; nature has made the water nauseous to warn all animals against drinking it; the animal therefore which follows instinct is right; the reasoning animal, man, is wrong. It is a fact that more than 7,000 patients labouring under the most complicated forms of acute and chronic disease, many of whose cases had been resigned in despair by able physicians, have received relief under the treatment of Priessnitz at Gräfenberg. But we must now introduce him and his Silesian establishment more formally to our readers.

Vincent Priessnitz is the son of a small farmer, and was born on the land upon which his present establishment is placed. His father's humble means prevented Vincent from obtaining more than a very limited education, and the father's blindness in advanced life cast the management of the farm upon the son. In the immediate neighbourhood there lived an old man who used to practise the water cure upon cattle, and it is supposed that from this source the young Priessnitz derived his first ideas of the subject. His first patient seems to have been himself, and rather marvellous is the narrative of the events given by Mr. Claridge, in his work on Hydropathy, whose words we will quote:—

“Early in life, whilst engaged in hay-making, an accident which befel him was the principal cause of the dispensation of one of the greatest blessings to suffering humanity; he was kicked in the face by a horse, which knocked him down, and the cart passing over his body broke two of his ribs. A surgeon from Freiwaldau being called in, declared that he never could be so cured as to be fit for work again. Having always possessed great presence of mind, and an unusual degree of firmness, the young Priessnitz not being pleased with this prognostication of the doctor, and being somewhat acquainted already with the treatment of trifling wounds by the means of cold water, determined to endeavour to cure himself. To



effect this, his first care was to replace his ribs, and this he did by leaning his abdomen with all his might against a table or a chair, and holding his breath so as to swell out his chest. This painful operation was attended with the success he expected; the ribs being thus replaced, he applied wet cloths to the parts affected, drank plentifully of water, ate sparingly, and remained in perfect repose. In ten days he was able to go out, and at the end of a year he was again at his occupation in the fields."

The Silesian surgeon's notion, that a couple of broken ribs would disable a peasant boy for life, does not indicate much medical skill on his part; but if the above narrative is accurate, the facts disclose in the young Priessnitz those qualities of sagacity, firmness, self-possession, and patience which are so essential for the constitution of the high medical character. The fame of Priessnitz's extraordinary cure soon spread around the neighbourhood, and brought patients begging his assistance and advice. He shortly became so famous that the envy of the medical practitioners was awakened, and they denounced him to the authorities at Vienna as a dangerous empiric, whose quackery should be stopped by the strong arm of the law. Be it known that in arbitrary Austria quacks are not permitted to mangle and poison the Emperor's subjects at discretion, to their own appetite's content, as in free England. Happy Austria! It was alleged that the sponges and wet cloths which Priessnitz employed in the ablution of his patients were medicated with drugs more potent than pure spring water. Upon this denunciation Aulic inspectors came to Gräfenberg to investigate; the sponges were decomposed, and nothing either worse or better than water was detected in their contents. After a searching examination, the commission appointed by the Austrian government to inquire, found that the only agents employed by Priessnitz in effecting his cures were cold water, air, and exercise, and were so convinced of the benefits derivable from his system, and its perfect safety to patients in the most advanced stages of disease, that on their report the most jealous government in Europe allowed Priessnitz to continue his operations. Those who came to punish remained to praise, and since that time the hydropathist has been honoured by the friendship of many members of the Imperial Family, and by distinguished individuals from every quarter of the continent. In England, the name of Priessnitz has only just been heard, and in the list of his patients for 1840 only two Englishmen are found, whereas there are 367 Austrians, and no fewer than 527 from Prussia.

Dr. Behrend, a Prussian physician, thus delivers his opinions:—"The new method of applying cold water in the cure of most diseases, internally and externally, was discovered by a peasant named Priessnitz, a man endowed with superior intelligence and extraordinary penetration. It has been in use for eight years, with the consent of the Austrian government, at Gräfenberg, a village in Austrian Silesia. So many cures have been effected by this peasant, and cures of so astonishing a nature, that numbers of patients have arrived not only from Germany but other countries; and doctors, who prefer instructing themselves to blindly opposing so new and wonderful a discovery, are on the increase. The number of patients of all ranks of society during this year was more than 1,500 (not including 50 doctors.) The village of Gräfenberg is already changed into a small town. The matter has been scrupulously examined by the Prussian government, which has confirmed the happy results arising from this new application of cold water. The method is named *Hydriatique*, or *Hydropathy*, and has attracted the attention of all the Governments of Germany. The great success which Priessnitz has obtained, and still obtains every day, does not depend upon the quality or composition of the water, which is pure spring water, but on the new manner in which it is

administered. Establishments have been already formed of the same nature at Breslaw, Brunswick, Dresden, Gotha, Bavaria, Cassell, &c.; there are two at Berlin, and a friend of mine is on the point of establishing one in some town or village of Belgium. After having seen such extraordinary success obtained by this hydiatic method—after having examined, without prejudice, the persons returning cured from Gräfenberg, many of whom were connexious of my own, I went there with two other professional men in order to see with our own eyes. We stayed there six weeks, strictly examining the peasant Priessnitz's method.

"Practitioner as I am, of fifteen years' standing, and editor for six years of a medical journal, I was at first a little mistrustful of this novelty, and compared it with many others whose authors pretended to reform the medical arts, and who have completely vanished. But that which I saw with my own eyes at Gräfenberg and other similar establishments, struck me, as it will you, with astonishment. I have seen asthmas and pleurisies completely cured in three or four days by cold water only. I have seen an old intermittent fever cured by cold water, without quinine or any other remedy than cold water. I have seen measles, scarlatina, small pox, nervous fevers, rheumatism, scrofula, hernia, tracheitis or complaints of the throat, gout, ringworm, syphilis, tic-doloureux, and other nervous affections; tumours in the glands, swelling of the heart and liver, all effects of mercury, and many other diseases, cured by simple cold water, without the aid of any other remedy whatever; and in a comparatively shorter time and a more favourable manner for the constitution, than could have been attained by any other means. Cold water is administered in all diseases, internally and externally, but the method of application is varied according to the individual and the case. Cold water serves sometimes as a revulsive and sometimes as a depressive agent, and in all these cases the efficacy of water is so clearly manifested that to doubt is impossible."

Dr. Engel, of Vienna, in a letter to the editor of the *Gazette Medicale de Paris*, 13th Jan. 1840, after describing Priessnitz residence and success, says, "I shall now enter into some details of the way an invalid employs his time at Gräfenberg, which will at the same time give an idea of the general treatment. I say idea, because Priessnitz varies it in so many ways according to the persons to whom it is applied, that you must have witnessed the treatment to judge of the variety of its applications. That which distinguishes this, however, from every other cure, is the absence of all pharmaceutic agency; it is the perspiration and the crisis that characterize it, and which remove all the diseases submitted to the action of cold water.

The invalid is awake at four or five o'clock in the morning, then enveloped almost hermetically in a thick, coarse, woollen blanket, the head only is left uncovered, by which all contact with the exterior air is carefully avoided. Presently the heat accumulates round the invalid, depending upon the heat of the atmosphere, and he perspires sufficiently to wet the whole of the coverings; during this time he may drink as much cold water as he pleases. After he has thus sweated the allotted time, he takes a cold bath. The first impression is doubtless disagreeable; but once overcome, an agreeable sensation follows, as the pores dilated by the heat absorb the liquid.

After much observation it is found to be the moment when that salutary exchange takes place which purifies the system. This sudden variation of temperature never has produced any serious accident; all irritation produced by stimulants is carefully avoided, the lungs are not heated by breathing hot air, as in the Russian baths, the skin only being slightly stimulated. On coming out of the bath the invalid is dried and quickly

dressed; if able, he then takes a walk, during which he drinks abundantly of cold water.

He ought, however, to avoid excess, which is manifested by a disagreeable weight of the stomach. Habit does wonders in this respect. You see persons almost hydrophobic at the commencement, who, after a time, drink from twenty to thirty glasses of water a day.

Breakfast consists of bread, cold milk, and fruit. Priessnitz considers all heated things to be prejudicial and debilitating to the stomach; and this opinion is confirmed by his experiments upon animals. After breakfast, every one is expected to take a long walk, and then to proceed to the douche, leaving a sufficient interval to avoid accidents.

Invalids, whose skins are habitually cold, dry, and hard, will perspire more easily from cold ablutions; those who suffer from local complaints, are relieved by more or less frequent fomentations; those who are attacked by chronic evils, which are more obstinate, are submitted to the influence of cold water.

I have already made mention of the douche; it is very interesting to observe the efficacy of this last manner of applying cold water. A gouty subject, for instance, who submits his hands and feet, or any swelled part, to the action of a strong fall of water, experiences the following phenomenon: his skin becomes quite red, and he then feels an intolerable itching, occasioned either by re-absorption, or oftener by a topical suppuration.

Invalids should generally drink much cold water, and take a great deal of exercise if they can support fatigue. The dinner-hour is one o'clock. I think it would be difficult to see a more extraordinary appetite than that possessed by Priessnitz's invalids, who all dine in the same room.

Individuals afflicted by chronic diseases, whose digestion has been deranged by a number of remedies, are not long before they re-establish its functions, by the return of their vital force. The food is plain and abundant; the only objection to it is, that the dishes are sometimes too coarse for delicate stomachs. Each person eats as much as he pleases, or according to his appetite.

If the weakness of the patients, or the crisis already begun, does not prevent it, they recommence some hours after dinner the treatment of the morning; the douche is, however, forbidden, as too irritating. After a slight supper of cold milk and bread, every one retires to rest. The occupations of the day are a guarantee for repose during the night.

The sensation caused by the Hydropathic treatment differs essentially from that arising from any other method of curing.

In the beginning, the return of strength and the awaking of the torpid faculties are agreeably felt; excitement is not limited to the affected organs, but becomes general, and produces a salutary revolution in all the vital powers.

The true febrile symptoms develop themselves; the pains already existing, become more intense: old diseases, in appearance cured long since, re-appear: these effects are but the forerunners of a more determined crisis.

Almost all the patients who have followed this treatment for some time, feel an itching and a sharp pain in the skin, which is sometimes covered with spots or pimples of different forms.

The diseases which are caused by the irregularity of the nervous functions, are generally limited to this sort of crisis. If we, on the contrary, treat of the cure of what are called material diseases, the phenomena which they manifest are sufficient to convince the most incredulous of the efficacy of this treatment. The sweating, more abundant every day, contains morbid matter, the nature of which differs according to the disease. The different shades of the viscosity and of the odours, prove this most incon-



testably. The number of abscesses which make their appearance sooner or later, under the influence of cold water, purify the system of corrupt humours. Whilst the invalids are thus covered with abscesses, an abundant secretion is discharged by perspiration, the urine, or the urethra. They then find themselves physically and morally better, their appetites increase, their pains are diminished, and, finally, their health is established.

I shall finish this notice by enumerating the diseases which more especially are cured or relieved by cold water, and examples of which are found in great numbers in the Hydropathic establishments.

I may fairly hope, as this method becomes better known and more practised, under various circumstances, and in different climates, that it will be more and more appreciated; my observations have convinced me that the mode of treatment is efficacious, principally in chronic diseases, accompanied by atony; in all nervous affections, pains of which, medicine will not discover the cause; in cases of obstructions of the stomach, and all the systematic evils which arise from them; such as indigestion, hypochondria, piles, jaundice, &c. Also in cases of gout, rheumatism, scrofula; diseases affecting women, such as hysterics, &c. In fact, cold water is perfectly successful in a number of diseases, beyond the reach of medicine altogether. I have again had occasion to admire the result of the application of cold water in cases of ague, accompanied by symptoms of fever, such as nervous, typhus, putrid and scarlet fevers; but its most signal triumphs are obtained over those serious derangements of the system produced by the abuse of drugs, such as when the passage of the system is obstructed by quinine; or when consumptions are produced by iodine, arsenic, or the consequences of mercury, tartar emetic, and other dangerous medicaments, have manifested themselves."

Mr. Gross, a celebrated German physician, gives the following narrative of his visit to Gräfenberg, with an account of his treatment and cure. After relating the particulars of his journey, he says:—"I soon had an interview with this wonder of the healing art, and proved that his portraits much belied him, for while he was neither so handsome, or so witty, as they made him seem, there was a marked expression of calmness, goodness and reflective power in the countenance of Vincent Priessnitz. He introduced his fair and good-looking wife; she is very clever, and natural in manners, and manages the domestic economy of this large household with great housewife skill.

"I had used the necessary caution of sending a letter to Priessnitz beforehand, to secure accommodation, and even then had much difficulty in obtaining it. Since my visit, however, I learn that an immense building has been erected, and that there is no longer difficulty in lodging the numerous aspirants after health. The furniture of my room was a wooden bedstead, a mattress of straw, a thin feather bed and sheet, a large feather bed in place of blankets to cover me, and two pillows; a chest of drawers, a small table, and two common chairs, a boot-jack, a bottle, two glasses, and an enormous wash-hand basin. Just as I had got my things in order, a bell rang, announcing the dinner hour at Priessnitz's large establishment. On entering the dining room, a noble saloon in the building, I was surprised at the number of persons assembled (upwards of two hundred,) and sitting together, without distinction of rank or age, at long tables placed in lines. At the centre table M. Priessnitz himself presides; indeed he is always present at every meal—breakfast, dinner or supper. Here he holds, as it were, his public audiences, and is consulted by his patients, some of whom have always some questions to ask him, which they do aloud, and without any restraint. To hear the laughing and sounds of merriment you would hardly fancy yourself amongst a band of invalids.

Now came on the dinner—soup and something fried was first served—then boiled beef with sharp sauce, pickled cucumbers, and minced meat with green peas. Vegetables are scarce at these dinners, but not prohibited—cabbages, however, and sour crout were plentiful. Mutton, veal and pork, alternately with fowls, roast ducks, salads, preserves and pastry of all kinds, made up the repast. Fresh butter served as a dessert. The bread is brown, but white may be purchased, if preferred. Fruits *in season* may be eaten, but these are not included in the charge for board. Every one drinks at table large quantities of cold water—each from about twenty to thirty glasses a day. Priessnitz advises his patients to drink copiously of cold water, both as a remedy to repair the loss of liquid by strong perspiration every day, and to assist in the dissolution and excretory evacuation of morbid matters. Hence the servants are busily engaged in filling the bottles with excellent cold water, from a fountain which springs just two steps from the dining room—where, morning and evening, you may see standing round a circle of merry, laughing invalids, who now and then amuse themselves by wagering who can drink most.

“And here I was much struck with the quantity of food consumed by the invalids under the eye of their physician. As all his treatment tends to give activity and vigour to the system, Priessnitz, it seems, far from lowering the system by severe diet or diminution of food, permits them to eat what and as much as they please, except foreign spices and spirituous liquors, which are strictly prohibited. He gives them food plain, solid, and coarse; and thus the patients acquire confidence, for they soon find that they eat more, and with better appetites, than ever they did in their lives before; and digest, as invalids, meats and other matters, which, in health, at the best of times, they would not have ventured upon. In short, instead of invalids, you would think, to see the company at Gräfenberg eat, that they were a number of hungry workmen, hard-working, robust, and healthy.

“After dinner, I took an opportunity to consult Priessnitz on my own case. I told him that I had tried his system, and cured myself of all my other ailments but a chronic cold in the head, which I could not get rid of, and which gave me a great deal of annoyance. He gave his opinion that the cold-water treatment (the sweating, particularly, and the bath to follow,) would restore me, and recommended a preparatory bath; and told me to let my landlord know. Every peasant at Gräfenberg who has a house, lets off all the rooms he can spare to patients who cannot find room at Priessnitz’s establishment. Every house, therefore, has a room fitted up for the baths, with all the necessary apparatus: there is also, near each house, a spring of water, which is conveyed by pipes into this room. Used to the method of treatment, the landlord himself generally acts as bath-servant for the men, and the landlady for females. To come to my preparatory bath:—

“I had first to strip myself to the skin, and then the bath-servant (my landlord) wrapped a cloak round me, and gave me a pair of straw slippers. Thus accoutred, I walked to a small bath-room, where I entered a bath, in which there was water to the depth of a few inches only, at a temperature of 61° Fahrenheit. After being washed and rubbed over many times from head to foot, I returned back to my room well dried and rubbed, and after dressing myself went and took a pleasant walk for exercise in the open air. All new comers are ordered to take these preparatory baths for a longer or a shorter time, according to the nature of their complaint, or the degree of susceptibility, previous to Priessnitz permitting them to plunge into the cold bath. Indeed, in some cases, the patient is compelled during the whole time of his cure to confine himself to these baths.

"The bell for supper rang at seven. This meal, like the breakfast, is made of cold milk, brown bread, and fresh butter. Before going to rest the patients spend two or three hours together in the saloon, and these are the pleasantest of the day. Some smoke (in the billiard room;) others chat and play (but *not* at cards;) sometimes there is a dance, sometimes singing, for music is always in attendance. In the evening, too, arrives the messenger who brings letters and news from home, and who carries away also those that we have written. Tired with travelling, I soon took my leave and retired to my bed, where, notwithstanding its hardness, I slept soundly. At four o'clock in the morning my bath-man aroused me, and proceeded to pack me up in the usual manner for the sweating process. I was turned out of bed, and he took off a sheet and a wadded counterpane, which Priessnitz had sent me (as I was not in the habit of sleeping between two feather beds, according to the custom in this part of the country,) and then he placed on the bed a large blanket, on which I laid myself quite naked. Now began the packing up, and soon my very handy host had wrapped me so tight and so close that I could not move or stir. Over the blanket the feather bed was placed, and upon that the wadded counterpane, and over all these my cloak. These he well tucked up, so that I looked like a mummy in its swathing folds; and then to finish his job, he buried my head deep down in pillows, so that I was all covered but my eyes, nose, and mouth. The head, it seems, however, is not always covered, but only at the desire of Priessnitz or the request of the patient himself. 'I hope you will soon sweat, Sir,' said the bath-man, on leaving me, and in furtherance of this friendly wish, came back to me every now and then to see how I was getting on. I did not at all relish the operation; as how should I, rolled up in a coarse woollen blanket, the long hair of which tickled and irritated my skin, and without being able to move? I felt it very disagreeable and uncomfortable. I dropped off to sleep in a short time, which I afterwards learnt is not a good thing; and as the temperament of my system was rather dry than moist, I had to lay two hours in this awkward position, until the sweat came on by very concentration of the perspiration, and the heat showed itself on the skin. In most patients this process occupies less time, but it depends of course on the temperament of the patient. As soon as my bath-man saw I was in a state of perspiration, he threw open the windows, and gave me every now and then cold water to drink. The intention of both is to refresh the lungs by the inhalation of fresh air, so cheering and reviving the strength of the body, and preserving it from the languid weakness ensuing from the heat. The drinking cold water when the perspiration is on, renders the respiratory organs more active; whilst to drink it before the perspiration had broken out, would check it. After perspiring two hours, thus enduring four hours of this unpleasant situation, Priessnitz came in and released me by saying that I had sweated enough. This perspiration, it appears, should never be allowed to go on until weakness is felt; it lasts generally from half an hour or two hours from the time of its commencement. The bath-man then closed the window, and released my head from its pillowy grave, and quickly divested me of all the envelops except the blanket, which he loosened just enough to withdraw the urinal which he had placed in the bed; he then put on my feet the straw slippers. Priessnitz then directed me to be seated, and hold out my hands, which he wetted frequently with cold water, and handed me the basin, telling me to wash my face. I then got up from the bed, wrapped in the blanket, and still reeking with perspiration. My step was light and free, and I felt neither weakness nor inconvenience and walked down the stairs and out of the house to the bath-room. Priessnitz went before, I followed in the centre,



and behind me was the bath-man bearing the sheet and cloak. After I had washed my hands and face and thrown off the blanket, Priessnitz directed me to go into the preparatory bath of tepid water, in which I was well washed and rubbed, as on the day before; I then for an instant plunged into a cold-bath, the water of which runs through the bath, coming in fresh on one side and going out at the other. I next got back to my preparatory bath as quickly as I could, whence, after another good rubbing, I plunged several times into the cold bath, rubbing my limbs well after each plunge, and then came back as a finale to the tepid bath, where I did not long remain, going back to my room, and was rubbed and dried. I then put on my clothes and went out for a walk. I felt all over in a delightful glow, and a remarkable strength both of mind and body. In the evening I again had to go through this sweating process, with the addition of a similar course of baths; but omitting the preparatory bath, I on the next day plunged at once into the cold bath on coming out of bed, first, however, washing my hands and neck, a necessary precaution which should always be rigidly observed. This cold bath shocks at first, but it will be less felt if the patient, instead of tardily and slowly approaching his danger, were to plunge into his fate at once. I advise all patients to hold their breath and plunge right in, so as to let the water cover even the head, then rub well, as long as they can, the diseased parts with the hand, and keep in about from half a minute to five, according to Priessnitz's directions, but never more unless specially ordered. The patient should not stand or lie still in the bath. This is a mischievous error—jump and kick about, rub yourself as much as possible, and the shivering sensation will not trouble you.

“As I had resolved to make myself acquainted with and experimentalize with, on my own body, all the processes of which the Hydropathic system is composed, I soon got permission from Priessnitz to go to the douche, though he enjoined me to use it in moderation, and leave it off as soon as I felt any irritation from it. The number of douches at Gräfenberg is ten; two near the houses at the foot of the hill on which the village stands are not of great consequence. They are only used when the weather is too rough to enable the patients to mount the hill, where are the higher ones secluded in a forest, and at least three-quarters of a mile from Gräfenberg; two of the highest are set apart exclusively for the use of the ladies. The water springing from thence is the lowest in temperature and falls in a column an inch and a half in diameter, from a height of twelve to fifteen feet. The water running down from them is led by spouts, and forms six other douches for the use of the male patients; these six douches are raised one above another, the water falls from twelve to twenty feet, and the temperature varies from 6° to 10° Reaumur, depending on the time of year and hour of the day.

“The morning is the right time for the douche. After dinner, it is not advisable to take it. If heated with walking, we waited until we were a little cooled; but the douche must not be taken when the patient feels cold. The hands, face, and chest must be wetted well over, before exposing the body to the action of the douche; and the water should be caught at first in the hands, held over the head, so that the whole body may have a good wetting all over, previous to commencing the local action on the diseased part. The nape of the neck, back, stomach, and thighs, are the parts to be exposed to the column of water; not so the head or chest. I was instructed to move about, and rub, or be rubbed, as much as possible during the time I was *en douche*, bringing the water to bear as much as possible on the diseased part. At first, the douche is taken for two minutes only; afterwards, it is extended, but gradually, even to fifteen min-



utes. When I left the bath, in common with the other patients, I was dried, and dressed myself as quickly as I could, and set off in a brisk walk to keep off any feeling of cold, which too often comes on from remaining too long at the douche. Some patients there are, who have taken the douche from thirty to forty minutes, but this is foolish bravado, like an excess in the perspiration or drinking. The cure is made no faster by such means; on the contrary, is frequently retarded by them. Those, therefore, who go to Gräfenberg to be cured, should abide implicitly by Priessnitz's directions as to the time and manner of sweating, the duration of the preparatory baths, the parts to be exposed to the action of the douche, the quantity of water to be taken internally, and the nature of the bandages to be applied. As respects the effects of the cold-water treatment, it depends quite as much on the period when the disease shows itself, as upon the manner in which it appears, or the alterations it produces in the system, and the nature of the disease, and the physical peculiarities of the invalid.

“At the first part of our stay at Gräfenberg, the mind is pleasantly and agreeably impressed. Air and exercise, temperance, and the tonic effects of cold water sharpen the appetite, strengthen the body, set the functions of the skin and the digestion in good order, and react healthfully on the mind. But at the right time, after a duly protracted course of the treatment, certain symptoms and sensations begin, which are often painful both externally and internally; these symptoms are usually (I will not say properly) denominated *crises*, being as it were the exertions of nature to throw off from the system certain morbid matter. These *crises*, painful as they are, are expected by the invalids with much impatience, being regarded as sure prognostics that the cold water treatment has been effectual in their complaints, and that they may ultimately be sure of a thorough cure. There is no difficulty in comprehending the theory of these *crises*, in the following manner, which though of course not positively asserted, appears to me to be the true explanation:—Cold water as a drink dilutes, thins, dissolves, and evacuates: the baths, while they excite the system to reaction, create an irritation on the surface of the body, causing the heat or caloric of the body to fly to the parts subjected to cold water, and thus repair the loss by the sweating; or, since by this Hydro-pathic process, the surface is exerted and irritated by cold water four or five times a day (supposing we reckon baths, half-baths, douches, &c.,) but that the heat and caloric is by these means impelled, without ceasing to the surface, it raises up in the system a centrifugal process, which by degrees attracts the blood and all the humours after the predominating influence of the caloric, and causes them to take the same tendency to the surface. This rush of the liquids of the system to the circumference is so strong that all stagnant matter, all morbid deposits, are of no avail to withstand its influence; and quitting their positions, they share in the general perturbation of the system. How, then, is this system to find means of evacuating and exuding so many dangerous and disturbed substances, which, crowding to the surface, collect under the skin, through which they find it impossible to pass? The daily perspirations of Priessnitz alone present the all-excelling assistance which enables nature by her own efforts to drive from the body those noxious and non-assimilating matters.

“To show how healthful are these perspirations, it is only necessary to run over in our minds the many cases of diseased persons who have been snatched from what seemed (even to medical men) to be inevitable death—and how!—simply by the sudden coming on of a perspiration! a last expiring effort made by the system to give passage through the cutaneous pores to the malignant matter of the disease. Instances of this kind will

multiply themselves in the memory of every individual. While we are speaking of morbid and malignant matter, it may not be amiss to state, that, at Gräfenberg, the bandages after perspiration are often seen impregnated with all kinds of secretions—calcareous, sulphureous, and even metallic—many of them of a disagreeable, foetid, and sour smell.

“When, however, these perspirations are not strong enough to throw out the required quantity of corrupted matter, or the matter is such that cannot be excreted by perspiration, the skin sooner or later inflames in many places, eruptions are formed, and boils and ulcers show themselves; these burst and throw out corrupt matter in great quantities. Such abscesses are attended with much or little pain, as the case may be, and often heal in one place to burst out in another. In addition to these, owing to the constant excitement, and I may say busy occupation of the system while under the cold water treatment, many other symptoms make their appearance, which, as they are attended with fever, assume the appearance to the spectator of danger, and may be considered as critical. These are the symptoms which constitute the true crisis, and it is in his method of treating these, whose violence is a test of the importance and inveteracy of the disease under which the sufferer is labouring, that the tact, the courage, the acuteness, and the master-hand of Priessnitz are to be most seen and admired. It is then, by means of the very cold water that has raised this storm of disease, that he proceeds with calm confidence to allay it, by altering, according to the disease and constitution of the patient, the mode of applying his great remedial application. Sometimes, in abscesses or fever, he will order the patient to be wrapped in a wet sheet; sometimes he will direct bandages to be put on; sometimes he will send him to a cold bath, or a sitz-bath; sometimes clysters are exhibited; sometimes friction with the hand wetted; now copious draughts of cold water; now a very sparing portion. It is at these times that the character and office of Priessnitz appear most admirable, and it is at these times that a feeling of pain crosses the mind at the thought that Priessnitz alone at present is master of this art of treating the crisis. Let us hope that some enlightened medical men will cast off the prejudices of their schools, and zealous for the good of the whole human race, will study at Gräfeuberg to attain the knowledge of this wonderful system, gaining thereby sufficient confidence and skill to treat diseases in their crisis—the most difficult portion, it must be acknowledged by all, of the cold water cure.

“When this crisis is over, (and the patient, even, at this time, is rarely compelled to keep his bed,) then it is that all corrupt matter being driven from the system, the various organs having reassumed the exercise, in a regular manner, of their appropriate functions, and the patient being quite out of pain, then it is, I say, that the patient is cured—not of the one disease only for which he came to be treated, (let this be most especially noted,) but of all and every disease that has been lurking in his system—thoroughly and effectively cured—cleansed of all impurities, and his body once more in a pure and healthy state. Now the doctors can only cure the one complaint under which a sick man suffers, and a hundred others may be latent in his system. Every organ in his body may be deranged in its functions; but the doctors cannot cure them; they know nothing of them; the patient sets down all to his one disease, and therefore complains not of them, and this one disease being cured, a man is often declared well, when his health is neither good nor perfect.

“It is not so with Priessnitz’s treatment, for Hydropathy affects the whole system, not one part of the body alone. The water acts generally; it affects all the organs; it rouses up all latent ills; it wakes into action and routs dormant matter; it attacks and remedies all that is morbid

and vitiated. Supposing the disease to be incurable, yet, nevertheless, the cold water treatment will strengthen and clear the system, and render more slow its progress. Hence it is that a difficulty arises in saying beforehand how long it will take to effect a cure. Since the length of time required is regulated by the tone of the system, and the special state of each particular organ. This mode of cure by cold water can also be hastened or protracted by the invalid himself, according to the care he takes to support and assist the action of the cold water, by secondary and accessory influences depending on himself, such as pure air, exercise, and food.

"Priessnitz will not take an invalid into his establishment without a prior knowledge of their diseases, some of which he rejects.\* It is necessary, therefore, to inform him beforehand by letter of the nature of the disease for which you seek relief, lest on arriving at Gräfenberg you be sent back; and this leads me to deliver briefly my sentiments as to the diseases which can be cured by Hydropathy.

This treatment generally exhibits its salutary effects in a high degree on those who by living too freely, or by the use of spirituous liquors or other excesses, or by a too sedentary life, have weakened their bodies and injured their health; those also who have been in the habit of debilitating their bodies by wearing too many clothes,† and thus become martyrs to rheumatic affections, experience relief in a high degree, and patients of these classes, be their diseases chronic or acute, may make themselves certain of a speedy cure.

\* Priessnitz's honesty seems equal to his skill. He does not pretend to the possession of a panacea—he at once tells a patient whether he can cure him or not, and frequently rejects applications. Neither does he profess to restore the powers of nature, if extinguished by disease or a long course of irregular living. He says he can cure all curable diseases, and refresh powers impaired to a degree which many physicians would pronounce desperate.

† Mr. Priessnitz objects to the wearing flannel and cotton; he maintains, that they weaken the skin, render people delicate, and less able to contend with atmospheric changes. When some one objected to throwing off a flannel waistcoat that he had worn all his life, it being winter, and exceedingly cold, Mr. Priessnitz said, "Wear it, then, over your shirt; but when you are accustomed to cold water, you will not miss it. After the bath which you have now taken, run or walk until you provoke perspiration: you need not then fear catching cold." Many people are in the habit of wearing flannel waistcoats in the night; this keeps up an unnatural and unnecessary degree of warmth, and increases invisible perspiration, which is unwholesome. Let us look at our gouty and rheumatic subjects, and we shall find that they, perhaps more than other people, have always been accustomed to flannel. Does not this show, that flannel neither protects its wearer from those diseases, nor allays the pain attending them? There are others who are in the habit of clothing the head during the night; this is also a practice strongly deprecated at Gräfenberg; it destroys the hair, causes its premature decay, and is highly injurious to persons who are troubled with a flow of blood to the head, headach, colds in the head, &c. There is great sense in the old adage, "Keep the head cold, and the feet warm." No people are so much afraid of exposing their heads to the weather as the English. This arises from the habit of sleeping in night caps, and not accustoming themselves to cold ablutions. And a great defect is their being over clothed, so as to exclude the external air. Dr. Abernethy made many experiments as to the effect of the air upon the human body, which have been fully carried out by the late discoveries in Hydropathy. It is most probable that the generation of warmth is principally effected by the action of the lungs. The process of perspiration is practised by the skin, if all the pores are open and sound; it therefore results, that to allow the generation of a healthy warmth, a continual activity of the pores of the skin cannot be dispensed with. In proportion as the body is warmly clothed, and the pure air excluded from the skin, the less warmth is produced by the skin itself, and the body becomes chilly, and consequently requires warmer protection. As a healthy naked body generates, by heightened perspiration of the skin, the same warmth as is produced by one which is covered, by means of retaining the perspiration, so every one who is quite well, might by use, become so hardened, that during the coldest season he might feel, when naked, as comfortable as any one covered with wool. The Scotch Highlander, with his naked legs, does not feel colder, surrounded by mountains of ice, than we who are clothed. We prove this ourselves, by having our face bare in the coldest winter.—As the skin performs the double function,—first, of breathing the air, and drawing nourishment from it; and



"Wonderful cures are also performed by this system in all diseases occasioned by the use of those poisonous drugs, such as mercury, &c. employed in syphilitic complaints. The life led at Gräfenberg, the sweatings, the cold baths, the water drinking, and the fine air, with the exercise taken, all have worked miracles in the way of cure. Syphilitic sufferers who came to Gräfenberg thin, miserable, attenuated, even with a hectic cough, and looking like skeletons, have been seen within a few months, robust, hearty, stout, and lively, and restored to an enjoyment of the pleasures of life.

"Gout, podagra, chiragra, gonagra (feet, hand and knee gouts,) sciatica, and all painful complaints proceeding from gout, such as those arising from the settlement of gouty matter in the joints, whence arises what the medical men term ankylosis and contractions, are most successfully treated at Gräfenberg. There is a case of an officer in the Prussian army, who having become deaf and powerless from gout, was completely cured in the space of nine months.

"By no other method of treatment are abdominal diseases and disorders of the digestive organs so effectually and surely cured. Gastric disorders, as dysentery, cholera, phlegmatic, nervous and intermittent fevers, yield to cold water as specific, as do piles, hypochondria and hysterics.

"The signal efficacy of this treatment is shown in no cases so much as in abscesses, and ulcers of every kind, especially those having their origin in syphilis or gonorrhœa; caries, too, is even remedied by this treatment. Baron Falkenstein, in his 'Wonders of the Water-cure,' narrates the manner in which he was cured of caries; and a serjeant, whose leg was in such a state of decay as to be condemned to amputation by the doctors, was cured thoroughly by Priessnitz.

"In all inflammatory diseases, internal or external, the cold water treatment has a most powerful effect. M. Henry, the eminent surgeon, remarks, with respect to internal inflammation, 'If in surgery we find so much advantage from the use of cold water in cases of inflammation, we may ask, why not prefer this remedy which suspends the circulation from any given point, to the practice of treating the disease by internal pathology? why not give up both general and topical bleeding? It certainly, according to our present notions, seems monstrous to wrap in a wet sheet a patient suffering from inflammation; but this is not enough, this apparent incongruity, to induce us to proscribe a practice of which every day experience shows the important, beneficial, and speedy effects.'

"In acute diseases of an efflorescent character, as ringworm, erysipelas, &c., no means prescribed by the pharmacopœia have proved so effectual in assisting the eruption as drinking largely of cold water, and the application of cold wet bandages and the wet sheet, while the skin is hot and dry. In cases where the disease is pronounced incurable, this treatment, in its various modifications, will not fail to have a beneficial effect—since if it cannot cure the organs affected, it will, without doubt, strengthen the uninjured portions, so as to enable them the better to stand up against the progress of the disease, and give to Nature, by lapse of time, a further chance, by some of her yet hidden and mysterious processes, which men call accidents, of conquering the disease.

"In conclusion, a word to those who fancy the Hydropathic system can restore youth, and increase or give back the powers of vitality. Secondly, of exhaling the phlogisticated air of the diseased matter, and worn-out atoms of the body; it follows, that the true art of curing must be, to endeavour to restore these two functions. Hydropathy causes, by its manifold means of application, the ejection of diseased matter, and the revival of the activity of the skin; and therefore, it makes the principal organ also fit for the second function; viz., that of inhaling the air.—CLARIDGE on *Hydropathy*.



ther water nor any other remedy yet discovered can do this—nor does it even cure—it merely sets in motion the powers of the system, and Nature then by her own process effects the cure, by driving out the morbid matter. Nature has thus within her, her own medical powers; water does but arouse, and second the efforts of this power, removing any obstructions which check its progress. If there be nothing to act upon, no remedies can act. Those men who have wasted the vital powers, and decrepit individuals, and individuals whose diseases by inveteracy have already so far triumphed over the energy of the system as to destroy one or more of the organs, must hope in vain to realize in their own persons the brilliant results of this cure.

“To those who have recovered their health at Gräefenberg, I have to recommend great care in not again commencing the intemperate and irrational life they have led before. There are not wanting examples where such an immediate renewal of an irregular life, after a most successful cure, has occasioned a sudden death. Nature will not be trifled with. On going from Gräefenberg, wisdom and prudence must be observed; a fixed and regulated restraint must be exercised in diet, and the Gräefenberg treatment observed as far, at least, as regards the drinking and frequent washing in cold water.

“As for myself, I left Gräefenberg, after a sojourn of sixteen days, restored to health, a time which, though brief, will remain ever deeply graven in my memory. Though perfectly cured, I still, nevertheless, keep up the practice of the outward and inward application of cold water; and although by no means particular, or bound to any minute regulation of diet, I endeavour to preserve moderation in the pleasures and enjoyments of life. If I feel ill, I fast strictly and drink cold water continually. This method of living keeps me in perfect health, makes me feel brisk, strong and gay, and indeed I must say that I am quite as much of a youth as any man can boast of being at the age of fifty-three.”

Such are the testimonies of these intelligent eye-witnesses of the cold water treatment, by Priessnitz at Gräefenberg. But the direct application of cold water to the cure of diseases is not so great a novelty as some of Priessnitz's admirers appear to imagine. Hippocrates, the father of medicine, prescribes cold water for the treatment of the most serious diseases; Celsus and Galen recommend its use in both sickness and health, and a long list of writers might be given who have adopted the same views. In 1747, John Wesley published a book entitled *Primitive Physic, or an Easy and Natural Method of Curing most Diseases*, in which he gives his opinion that water, properly applied, will cure almost every disease which flesh is heir to. The founder of Methodism was not a physician, but he was a shrewd observer, and the valuable little work to which we have alluded is full of excellent advice, of which a regular practitioner need not be ashamed. But simple remedies do not suit this luxurious generation; they long for what is elaborate and costly; they are willing to “do some great thing;” but when merely told to “wash and be clean,” like Naaman, the Syrian, they turn away from the river in a rage. Supposing that our readers have now obtained some partial insight into the theory, principle, and practice of Hydropathy, we shall proceed to place it more fully within their comprehension.

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#### THE SYSTEM AND THEORY OF THE COLD WATER CURE.

The system of Hydropathy, or Cold Water Treatment, and its theory, as deduced by M. Priessnitz from observation and experience, we find to be as follows:—

I. Health is the true and natural condition of the body.

II. A diseased condition of the body may proceed from external injury, such as burns, cuts, bruises, &c.; but these, in a healthy state of the body, will heal of themselves by simple applications, except where requiring the aid of the surgeon, or rather bone-setter.

III. Disease is also produced by foreign matters absorbed or introduced into the system.

IV. These matters, alien to the system and prejudicial to its health, are—

1. Substances formed in a natural manner, by the usual secretions and processes of the animal functions, but which have not been carried off or evaporated at the due time.
2. Substances which have no assimilation with the human body, and which, by fortuitous circumstances, have found their way into the stomach, or through the skin, or upon it.
3. A bad state of the elements, water and air, producing epidemics.
4. Ulcerations and contagious disease, as syphilis, &c.

V. Disease assumes an acute form when the system makes an effort to drive out the corrupt or non-assimilating matter.

VI. Fever is not disease, but is produced by it, when the system has exerted itself beyond its power in expelling the diseased matter.

VII. An acute disease can only be extirpated by dissolving the diseased matter by the agency of water—a means which never fails to effect that object in such a manner as even to be perceptible to the senses.

VIII. Physic and bleeding render permanent or chronic all acute diseases. Medical treatment seldom finally ejects the diseased matter from the system, though a partial cure may apparently be effected. Hence physicians can never arrive accurately by their system at the true and latent first causes of any disease.

IX. A continuance in a course of drugs must in the end, either sooner or later, paralyze the powers of the system, and make the body yield to their effects.\* Hence, whoever suffers from chronic disease can never die a natural death; unless, before it be too late, he resorts to Hydropathy for a final cure, which changes the chronic disease, by disturbing the corrupt and diseased matter, and drives it out of the body by acute eruptions, thus changing the chronic to an acute disease, which it cures in the same manner as an acute disease is cured at first, viz., by the cold-water treatment.

\* By what delusions were mankind, in the first instance, persuaded to submit to the use of poisonous drugs? In the middle ages, the use of water as a drink, and a cure for disease, fell into total disuse, when in the time of the Crusade, the Arab doctors introduced the use of Oriental drugs, to which they attributed miraculous virtues; and during the period of astrology and alchemy, and when such assiduous researches were made for the philosopher's stone, almost every nation boasted of having found some panacea, some elixir vitæ; sometimes it was an oil or a herb, at others, a powder or mineral, until, in process of time, these accumulated in such numbers, that the administration of them formed a science. But, we would inquire, are the effects of these compounds such as to lead us to conclude, that they were recommended by nature? Have mankind become healthier since their introduction? No, quite the contrary. Are those nations who have done most homage to this science, the strongest and soundest? No; for they are beyond contradiction, physically, if not morally, the most miserable of all. Again, we would ask, are those individuals amongst them who do most to aid the apothecaries healthier than the others? or, are those who constantly consult doctors free from pain? We have the same answer, No; their lives are worse than death. But if we did not know to the contrary, we should certainly conclude that doctors are healthy. This may fairly be expected from future water doctors, otherwise, like the rest, they would manifest their incompetency in their own persons. No one seems to reflect that at least a doctor ought to be able to cure himself. We are so accustomed to illness and wretchedness that we consider them a necessary part of this life, and are the less disposed to complain, since the matters of physic suffer very seriously from their effects themselves. Some writers suppose mankind have arrived at an age of decrepitude; but in this they err, from its not occurring to them that the lamentable state of public health arises from art

X. According to the intentions and institutions of nature, as revealed by the organization of man, he should, if he lived according to her laws, enjoy a life without pain, and die a natural death, unaccompanied by suffering or pain. Yet what do we see daily?—men dying not naturally; not from gradual decay of strength and wasting of the body and its powers; but from the poison of drugs ignorantly administered as medicines; liquors that make drunken and inflame; food adulterated with non-assimilating matter; want of water, at the very contact of which men seem to tremble like patients with the hydrophobia; corrupted air from man's own sloth, in not frequently renewing it by some healthful change of place, and want of exercise. Natural causes of ill health are but three. First, that the naturally assimilating elements may be corrupted, as air or water, and thus are deteriorated the two principal requisites of health, and epidemics ensue. To these men and animals are alike exposed. Contagious diseases also are another natural source of ill-health; but, except from these, no man who lives upon the natural water regime need ever dread the attacks of illness. With the exception of accidental wounds, contagion and epidemy, as before specified, and even from these may he be cured speedily and effectually in retaining his health afterwards, the same as before, which can be said of no system of medical treatment by drugs.

XI. What wise man, then, would think of curing one disease with drugs which inevitably bring on another: for how can that physic be brought to act upon the diseased matter, dispersed as it is, and hidden in the deep and secret recesses of the system? and could this even be effected, how can the two matters, the drugs and the disease, unite, coalesce, and dissolve each other into *nothing*? A residuum must be left behind, as every chemist knows; and therein lies the evil—to the old disease a new morbid stimulant is added, weak or strong, according to the nature and qualities of the drugs administered.

XII. No cure, either of men, animals or plants, can be effectual without the aid of air and water, the grand dissolving elements.

XIII. The cold water treatment is the one which nature has placed in the power of all her creatures; and without water taken inwardly and applied outwardly, there can be no health. Nature has no secrets in giving man life, she has implanted within him the knowledge of and the capacity for what is to support and render pleasant that life. Nature has no mysteries: her blue heavens, her green fields, and her running streams, which give pleasure to the senses, will also, if they be properly used, give health and recreation to the body.

Such, in a few words is the system, and such the theory of M. Priessnitz. We shall now proceed with this as our theme to enlarge upon, and

and not nature. If you wish to be convinced of this, go to the forests of savages. There you will see that the present man of nature is as young and strong as the first who was created; the generation cannot grow old, except by art, poison, or vice. Prescribe simple spring water, and it is rejected with scorn, but let any quack recommend his drugs, however poisonous, and they are swallowed and paid for on the instant. One would suppose that it must have been the Enemy of all Good only, that could have first persuaded mankind that poison could produce health. The evils that arise from pernicious drugs, which have swept away millions, and which will destroy the whole species if no reform take place, originate in misunderstanding the first or acute disease, which is but an attempt of nature to heal. Men took the symptoms of fever for the disease itself, and being relieved by bleeding, blistering, and drugs, they praised the unlucky discovery. From this cause a host of deadly diseases took their origin, such as destructions and suppurations of the inner organs, dropsy, &c., diseases which were hardly known in times of yore, and which would never have reared their heads but for the poisonous effects of drugs and the general distaste for water, the only element prescribed by nature. However, as the lamentable consequences do not appear until, perhaps, years after the suppression of the acute conflict have elapsed, no one thinks of accusing drugs as the cause.—*Claridge on Hydrophathy.*



by due examples and illustrations to bring it more clearly to the understanding and comprehension of those of our readers, who may wish to learn sufficient of this most admirable system to practice it as far as possible in their own families.

All diseases have their origin in a derangement of the organs which operate in keeping up life and health. To form an estimate of diseases by their names and the various phases in which they show themselves, we should find almost numberless. By deducing them to the causes from which they spring, they will be greatly lessened in number. Multiplicity of form does not imply multiplicity of causes. It is the result of a diversity of organs, each of which has its separate functions to perform. Water, air, climate, repose, exercise, wakefulness, food, drink, sleep, and the passions, are the elements of moral and physical life. The preservation of these in exact equilibrium preserves health; their inequality therein is the source of disease. Pure air and water, and the salubrity of the place or climate he inhabits, are not always at man's command; but exercise or repose, vigilance or sleep, are at his own choice; so are his food and drink, and reason is at hand to control his passions. Gluttony is set down by religion as one of the seven capital sins. Medicine, not to be behind, sets it down as the occasion of many diseases, and the aggravation of those it does not occasion. "I leave behind me," said a celebrated physician on his death-bed, "two great physicians, diet and water." Who has not cured a slight illness, and prevented a serious one in its origin, by diet and cold water? In either chronic or acute diseases, the medical man sets to work to cleanse the primary ducts by vomitings, sweatings, and purgings: he introduces in the second, remedies to aid nature's work, whose servant only he knows himself to be. *Priessnitz does the very same with water. Water is the greatest dissolvent in nature.* If the primary ducts be obstructed, water dilutes, attenuates, divides, and scatters the impurities contained in them; and these are afterwards ejected by the stomach and intestines. He uses cold water, because that temperature is tonic and fortifying, and gives to nature an additional energy in expelling the diseased matter. If the disease be settled in the blood, and the morbid matter deposited in the different organs of the animal economy, what better than water can dilute the thickened and blunt the acute; revivify what languishes, extinguish what burns, and open again all the passages by which injurious humours can escape? A sudorific process, unknown until Priessnitz's time, produces perspiration, without wearying the organic system. It is supported by copious draughts of cold water, which quench the thirst, moisten and refresh the blood, replace the lost juices, and maintain the tone of the muscles. The cold bath into which the body, in a state of perspiration, is plunged, is exempt from any possibility of producing agitation of perspiration or circulation, giving back to the skin the tone and energy which it had lost by perspiration. The exercise following this restores to the body the lost heat. There is not one single instance of any person catching cold, produced by these sudden transitions from heat to cold;—a phenomenon easily explained, from the general calm and equilibrium of the system. The douche bath is intended to disturb the acrid juices identified with the organs, and cause them to come out on the skin, which is stimulated by its blows. Local baths have the same object: hip-baths and foot-baths have the property of drawing humours away from the head and chest. Heating, or wet linen bandages, are sometimes covered with dry linen, sometimes not. The former are continually applied to weak parts, or those labouring under obstruction. The purpose of all these processes together is to convey the morbid humours to the skin, whence they exude in eruptions, boils, and



abscesses. These eruptions, constituting the crisis of the complaint, are the certain sign of a perfect cure. After the unwholesome juices are driven out and replaced by wholesome ones, then follow the restoration of the digestive powers, the freeing of all the organs by the dissolving of all obstructions, the vital and animal functions are re-established in their former harmony; nothing then remains but health, a treasure which can only be preserved by continuing the system to which is owing its acquirement. The mission of all medicine is to ease pain, calm irritation, and allay the burning heat, which are concomitant with inflammation and fever; to moisten, dilute, and attenuate all that is dry, thick, and hardened; to soften down acrimony, to remove obstructions; to dissipate congestions; to keep open all excretory passages; to attract therein all hurtful humours, and effect their discharge; lastly, to maintain the invalid's strength as required by nature, which itself labours in this great work, the accomplishment of which it is the duty of medicine to assist and not impede. If it be objected that one remedy cannot fulfil so many various objects, we reply, that it is multiplied by those acquainted with its use; that the numerous methods in which it is employed answer to the numerous remedies which art would produce. For foot-baths, half-baths, partial and entire baths, the douche and injections, although all consisting of cold water, are so many distinct remedies, each having its particular properties answering to the different kinds of assistance which nature may require. Nor can it be said with propriety that this curative process has but one remedy, whilst the eminently powerful and beneficial sudorific process is put in requisition; nor should exercise, the restraint of the appetite to wholesome and simple food, and the silence of passions, be looked upon as of no remedial importance. The absence of excitement from the pleasures of society, is also another means, which like the other methods of this process, as it can be every where proved, is within the reach of all. Such then being the case, medical science comes down at the command of common sense and experience from the height to which she has so long been raised, and we must drown all the learning of the doctors in that element with which the Author of nature has thought fit to cover three-parts of the globe. We must shut up that immense storehouse of medicaments which chemical and botanical ingenuity have drawn from the three kingdoms of nature and the four quarters of the world, and put on one side as worthless the fruit of so many labours; the heir-loom of so many ages; the whole materiel in short, on which the temple of Esculapius has been raised. And this, for what? to give to suffering mankind but one remedy for all their numerous ills, to confine them to one panacea, one grand universal remedy—cold water! Can we then wonder at the outcry of opposition which has been raised against our system, an outcry of violent passion and selfish interests; an outcry, which nothing but the experience of the last fifteen years in Germany, and the favourable report of a high commission sent down (with all the prejudices of art against a new system) have alone been able to subdue.

The learned must lay aside their science, the practitioner give up his connexion, the apothecary throw his drugs to his dogs, for Nature has at last disclosed to a mountain peasant, and through him to the world, her great secret, which sages, philosophers, physicians, and kings so long sought for in their alchemical studies. Thanks to Priessnitz, who never heard of Galen or Hippocrates, we now know no other remedy than water, air, exercise, and diet. Our theory is now, for the first time a written one. We require to feel no pulses, to examine no tongues, neither diagnostics nor prognostics are necessary. Medical ailments we throw on one side—food and drink alone occupy our attention, which we look upon, in

conjunction with the air, as the materials of the human body, perpetually entering into its substance, composing and recomposing it. When wholesome, and used proportionately with our wants, they are natural supports and creators of our health; when unwholesome, when taken without moderation, what are they but the engenders of disease? Air is to the lungs what food is to the stomach. Respiration is not a voluntary function: a man must breathe whether he will or not; or he must die. He eats, then, and he breathes; but Nature, who has given him the power of moving, demands that he should do more—he should take exercise, without which digestion languishes, the blood gets sluggish in its flow, the mind and the body become torpid, and life is merely vegetation. The citizen and the countrymen have been not inaptly likened—the one to a plant placed in a hot-house, of a dwindled and unhealthy growth; the other to the same plant shooting up in the open ground, under the influence of a life-inspiring sun-lit air. It has been said by naturalists, that the motion of the air is necessary to the health of plants; the wind, thus, is the exercise of vegetable life. Let man, then, follow their example; but more fortunate than they, he has not to wait for rain to quench his thirst: for him the liquid element flows almost in every plain. How surprising is the little use he makes of it, externally and internally! Behold him, for ambition and for gain, reduce and expand it to steam, and work every day new miracles with it. See, does he spare it to his kitchen-garden and his flower-beds? He knows that water is their nourishment, and preserves the fresh lustrous and painted beauty of his flowers. In fact, he uses this element in every way but the proper one.

By what evil genius, then, are his eyes blinded to its great hygeian virtues! Let us own, with Vincent Priessnitz, that it is because he hates what is simple, and thirsts after what is difficult and complexed, a victim to his pride and his sensuality. Ere arts were invented, water was man's only beverage. Ancient history is full of the reputation of those prophylactic institutions which the generosity and hospitality of ancient manners threw open to all. There were then public baths without tax or price, and the people thronged to them in crowds. To what shall we ascribe that great strength which made the Romans fit conquerors of the world, but to the general use of baths? *Nec degere nec natare didicit* was then, indeed, a reproach, and proves the frequency of the bath. How can we without wonder behold their armour, which no warrior of our day could support on his valiant shoulders? How soon did opulence, torn from the spoils of vanquished cities, alter the primal simplicity of nature! No longer did simple pleasures content the senses. The appetite was doubled by the invention of a refined cookery, and stimulated by sauces and sharpened by seasonings, which nature never designed for human stomachs. Hence the digestive organs, unused to new sensations, and laden overmuch by juices forced into existence in too great richness and quantity, became deranged, the functions grew discordant, and diseases sprang up which were hitherto unheard of and unknown. Motion became tiresome, its powers weakened by this derangement and excitement; and hence came reluctance first, and then inability to take the necessary exercise. The economy of the system lost its equilibrium. It was now that warm-baths, as better suited to the over-excitement of the sensitive system, took the place of cold baths, muscular strength was lost, weakness and disease took the place of strength, and health fled the civilized world to more barbaric regions where temperance is honoured and observed. What, then, remains but as far as possible to revert back to a natural system, and at once adopt and follow out the practice of the cold water cures?

## PRACTICE OF THE COLD WATER CURE.

The Hydropathical method of treating diseases is comprised in a peculiar regimen; in the use of great quantities of cold water as a drink; in arousing the system; in copious and frequent perspirations; in the use of entire and local cold-baths, cold ablutions, and injections; of frictions, douches, and cold wet fomentations or heating bandages. The value of regimen in the cure of all diseases is too well known to render it incumbent on us to enter into details on that subject. We therefore shall confine ourselves to the observation, that if a particular diet be necessary in the treatment of acute diseases, it is not less so in the treatment of chronic complaints; since it is only in the debilitating habits of a sedentary life, in the excess of mental occupation, in richness of food, in the frequent use of fermented liquors, in the corrupt air of towns, and the harassings of domestic life, that the great majority of chronic diseases have their origin. When such persons seek to regain their health, they must give up all these causes, at any rate so long as they place themselves under the cold-water treatment.

The drinking of cold water, in large quantities, acts especially upon the stomach and all the digestive organs. Its particular temperature causes contractions of greater power, refreshes the stomach and intestines by dissolving all obstructions, and gives them tone without irritation. All who give its due value to digestion in the curing of chronic diseases, will at once estimate at its true price the service which cold water may render. This neutral fluid being easily absorbed, renders the blood more fluid; and having, through the circulation, obtained an entrance into the interior of the organs, it there dissolves all excretory matter—water, whenever it passes off, either as urine or by perspiration, being strongly impregnated with impure or excretory matter.

Cold water, as a beverage, makes its way more freely into the intestines than any other remedy. By its property of dilutation, it aids all evacuations without forcing them, and the system has the power of choosing its own way and time.

**SWEATING.**—This method of treatment is to invest the body in blankets, and so hinder the escape of the caloric of the human frame. These perspirations do not differ from the ordinary ones, but the morbid matter when dissolved, exudes through the skin: sometimes it is coloured green or yellow, and throws off unpleasant odours: it is even sometimes fetid. This is in itself a curious phenomenon for pathological inquirers to notice the different odours arising from perspiration, after certain medicines, such as mercury and sulphur, have been taken, even though several years have elapsed. Critical sweats have, in patients who have taken mercury, the same fetid smell which occurs on mercurial salivation; and those who have used sulphur exhale a smell of that substance. Those perspirations are called critical when the invalid is visibly relieved.

The concentration of organic heat excites the blood and lymph, and makes them circulate more rapidly in the capillary vessels. The casting out of the excretory substances dissolved by the cold water, taken as a drink, is made more copious from the skin, assisted as it is by a quickened circulation; and as a corrective of that weakness of the body which results from the open state of the capillary vessels; creating, as we see in the colligative sweats, a free exit not only for the morbid and diseased parts, but also to the nourishing matter, and those necessary for the system, ablutions and cold baths are made use of. These must be taken gradually, descending from 72 to 45 degrees. By their temperature they cause a contraction in the capillary vessels, prevent the skin becoming too sensitive



to atmospheric changes (as is the case from the prolonged use of warm baths); they cleanse the skin from the perspiration, and stimulate in a high degree a reaction of the system.

We must now dispel the fears which multitudes indulge (and which we only got the better of after seeing the wonderful cures at Gräfenberg on more than seven thousand patients) through their drinking or bathing in cold water when heated, or even when the body is covered with perspiration. For though, if we give faith to medical men, the experience of centuries seems to prove that thousands of persons have been subjected to inflammation of the lungs, heart, head, liver, and to apoplexy, after drinking cold water when heated, or in a state of perspiration; yet, nevertheless, on the contrary, every day, at Gräfenberg, hundreds of persons, bathed with perspiration, are seen drinking plentifully of cold water, and while in that state plunging into a cold bath, without, out of ten thousand persons who have visited Gräfenberg since the discovery of Hydropathy, a single instance of injury arising from such treatment.

But let us inquire into the manner in which these perspirations, so decidedly different in their effects, are produced. When perspiration is brought on by medicines or exertion, or any fatiguing motion; the skin not only perspires, but the action of the respiratory organs and the circulation are strongly increased; and the brain, heart, and lungs are greatly excited; but this is not the case in sweats brought on by the treatment at Gräfenberg, which concentrates the heat in the body by blankets, and excites the action of the skin, without any movement on the part of the patient. The skin alone is irritated, as appears by its redness and heat, whilst the internal organs are refreshed by cold water, given at that time to keep up the perspiration.

The douche-bath at first produces violent excitement, by causing a strong reaction throughout the whole body, owing to the water falling from 10 to 18 feet, and by its coldness; thus producing a redness of the skin, and giving heat, activity, and strength to the body, and an additional action to the digestive functions. The douches are prescribed when it is desirable to promote a strong reaction, to fortify the skin, to dissipate the accumulation of morbid deposits by causing their absorption, as in cases of swelling of the glands and joints; they are also effectual in throwing out again upon the surface ringworms, which had been driven into the system; they cause also a critical hæmorrhage, and rouse to activity the venous and capillary circulation in the abdominal obstructions. From these details, it appears that the douche is injurious in cases where the reaction of the blood and nerves requires to be lessened or calmed. The primary effect of the sitz and foot baths is a sensation of cold in the parts submitted to the action of water, and a congestion to the upper regions of the body. This can be prevented by the application of a cold wet cloth to the head during the first ten minutes. By withdrawing from the body all its superfluous heat, the water soon loses its low temperature and becomes warm. At first the parts wetted are alone refreshed, but very soon the whole mass of blood, which by the rapidity of its circulation, passes and repasses to and from the cold parts, gives warmth to them, and so, by gradual circulation, the upper part of the body also becomes refreshed.

After having been some time in a sitz-bath the pulse begins to slacken, and the blood congested to the head descends, by reaction, to the lower portion of his body; thus headaches, inflamed eyes, toothaches, and sore throats, experience relief. This method is milder and more certain than the immediate application of cold water to the head, since the reaction which follows that application, if it be not continued, increases, by its secondary action, the congestion which it had calmed by its first.



"The action of cold sitz and foot-baths lessens congestions of blood to the upper regions of the body, by the reaction of the system which follows from them, and accelerates the capillary circulation of the parts immersed. Hence their advantage in hæmorrhoids, diarrhœa, &c. But when intestine inflammations are to be remedied, or dysentery, or chronic diarrhœa, sitz-baths, with the chill off, 64° Fah., are employed at first. In these the patient remains for hours, the water being changed every half-hour, each time a little colder, until it becomes very cold. During the whole time copious draughts of cold water must be taken in small quantities at a time until shivering comes on, and the whole body soon after becomes thoroughly refreshed."

As sitz-baths are more generally used, and may be considered milder than entire baths or ablutions, which can only be employed for a few minutes, every invalid who wishes to follow the practice adopted at Gräfenberg, should use them once or twice a day. Friction with the hand stimulates the circulation of the blood in the abdomen.

"As a neutral fluid, water permeates through the body, as in a filter; and is of the same importance to the human system as to all nature, where it operates to dissolve and facilitate compositions and decompositions, after the maxim of physicians, '*corpora non agunt nisi soluta*,' bodies will not act unless in a state of solution; and when we take into consideration that all matter in the system derives its principle from the blood, which becomes fluid after being used by the organs of life, before it is emitted from the body, it must be acknowledged that water, which facilitates this fluidity, must assist circulation in the more delicate vessels of the body, and by that means effectually aids in the reparation and reproduction, and, as it were recreation of it as the material parts composing our system."

With regard to its temperature, the effects of water are different under different circumstances, dependent upon a long or short time of application; that is to say, whether we use it for its first or secondary action; whether we are to be warmed by the caloric of the body withdrawn from it into the water, or to be kept cold by frequent renewal of the water. Again, its action differs when applied to a part afflicted, from its operation on a part distant from the locality of the disease. The primary effect of water is sudden, and then gives place to a secondary effect, which is reaction, and those who wash themselves with cold water, or have rubbed themselves with snow, can testify to this as a fact of daily occurrence.

Some will ask, Is the cold water treatment applicable to all descriptions of disease? We answer, that its application must be of advantage in the large number of acute and chronic diseases. There are cases, however, wherein some essential organ having become defective, art can do no more than prolong existence and alleviate suffering. Among such exceptions are consumption, organic diseases of the heart, of the lungs, of the large vessels, dropsy, &c. Yet all these cases, and others deemed incurable, by the moderate judicious use of some of the cold-water applications, will ensure relief and palliation of pain.

Again, will the cold-water treatment produce a radical cure? What is to be understood by the word radical? If it mean the final extirpation from the system the cause of disease, and the relief of the patient from pain, then, the cure by the cold water method is *radical*! But if to be radical, a cure is sought which is to prevent a return of the disease, in cases of parties exposing themselves to the same influences which originated the disease, then neither this nor any other means of treatment will produce such an effect.

As to danger from the cold-water treatment there can be no active mode of treatment more innocent, with reference to its present or future effects,

if applied with judgment; but if not, it may be followed by dangerous consequences.

People ignorant of Hydropathy imagine that the drinking plentifully of cold water tends to bring on dropsy. "But it is not water which causes dropsy, but a watery albuminous fluid, generally coagulated by heat and acids. This fluid, in dropsical patients, fills up the cellary tissue and the different cavities of the body, and is produced by a morbid secretion of the watery membranes which line the interior of the cavities. This secretion is caused by the irritation of the membranes, and results from the abuse of fermented liquors. Cold water, in whatever quantities it may be drank, could not possibly produce this secretion. Others say, that this novel mode of cure will shrivel the skin, make wrinkles, and cause people to look much older than they really are: this is not less unfounded. True, indeed, it is, that warm baths and hot climates weaken and relax the contractibility of the skin, and certainly bring on wrinkles prematurely. On the other hand, also, intense and continual cold, as in northern regions, prevents the full development of the body, and contracts the surface, producing a like result; but the action of cold baths is momentary, and produces quite different results, giving tone and contractibility to the skin. Does not the reaction produced by cold, in attracting the blood, by capillary action to the surface, maintain, by it more active circulation, the nourishment and healthy colour of the skin, and facilitate the excretory process, and prevent the heating of that organ? No; so far from making wrinkles, cold water is the most certain method to prevent them. Experience tells us, that to the use of cold baths, and cold water as a drink, thousands of persons owe the preservation of their freshness of skin and colour to a very advanced age. This fact completely justifies the opinion expressed by numerous celebrated physicians, that cold water is the best of all cosmetics."

The advantages of Hydropathy may be realized in any place. The Water at Gräfenberg has no advantage over that which is to be met with everywhere. It is, however, particularly, cold and fresh. For the purposes of the cold water cure, water must be what is called "soft:" i. e., it must have the quality of dissolving, and therefore must be cold and without any mineral properties. To prove its fitness, linen cloth washed in it must become white, and vegetables dressed in it must be tender.

### SWEATING AND THE BATH.

This is the most disagreeable part of the treatment, but the most important; and the benefits derived from it compensate for the unpleasantness of its duration. It is evident that Priessnitz considers the sweating process the principal means of irritating the body, and thereby throwing out the disease by the pores of the skin. Regular perspiration is at all times considered healthy, excessive perspiration injurious and weakening; but the excessive sweating at Gräfenberg is met by the application of the cold baths, which following immediately after sustains the tone and increases the energy of the faculties and materially promotes the circulation of the blood and refreshes the whole system.

**THE SWEATING PROCESS.**—The invalid is enclosed, naked, in a large coarse blanket, the legs extended, and the arms kept close to the body; the blanket is then wound round it, as tight as possible, turning it well under at the feet; over this is placed and well tucked in, a small feather bed, sometimes two; finally, a sheet and a counterpane are spread over all; thus, the patient exactly resembles a mummy. Sometimes when perspiration is difficult, the head, with the exception of the face, is covered.

The close confinement, the length of time, and the irritating influence of the blanket on the skin, make this in general not a very pleasant operation to endure, although the irritation goes off when perspiration comes on; this however seldom happens under three-quarters of an hour, or sometimes even two hours. In this state (when the perspiration is on) the patient must remain from half an hour to two hours, according to the nature of the complaint. When the patient is first *packed up*, a urinal is deposited between his legs, and wet cloths are wrapped round any diseased part. Those who are slow to perspire, must keep their legs in as much motion as possible, and rub their body with their hands. But exertion is not desirable, and it is to be rather avoided than encouraged. Perspiration is slower to come on in summer than in winter. As soon as it has begun, all the windows in the room must be opened, and a glass of cold water given to the patient every half hour, not only to refresh him, but also to encourage the sweating, which it does greatly. If headach be felt during the process, a damp cloth may be wrapped round the head. The length of time which the sweating is to continue, is a matter in which M. Priessnitz exhibits great skill and discrimination; some are made to sweat every day, some on alternate days, and others once only in three days. Nor let any one suppose that this constant sweating tends to reduce or weaken the patients; on the contrary, men who sweated every day were observed to have lost neither weight nor strength, and indeed, they had improved wonderfully, as well as in their personal appearance. In general, it may be known when the sweating has continued sufficiently long, by the breaking out of the perspiration on the patient's face. The attendant is now summoned, and all the bed-clothes are taken off, except the blanket, in this the invalid is to go to the bath. He is now supplied with a pair of straw slippers, and the face, legs, and all parts likely to be exposed to the action of the air, are wiped down by the attendant with a wet cloth. The blanket is drawn round the body, and over the head, and in this manner the patient walks to the bath, which is always near. After washing the top of the head, face, neck, and chest, he then enters the bath, and remains there from eight to ten minutes. In this the theory of M. Priessnitz is diametrically opposed to that of those who enjoin that a body heated and in perspiration should be carefully guarded from exposure to cold; and yet, strange to say, both the doctors and M. Priessnitz are in the right. The former in shunning cold when the body is heated by motion, or excited by sudorifies, for, in such a case, death would surely follow such exposure; but by the Hydropathic system, neither are the organs of circulation or perspiration stimulated, by motion or by drugs,—they are calm and undisturbed. Moreover, the skin comes in contact not with mere dry cold air, but it is by the stimulating effect of cold water on the surface of the body, in a state of perspiration. The irritation ensuing re-acts, and produces a heat, which a dry cold from the air does not, and hence a fine redness of the skin should be seen in all hydropathic patients on coming out of the bath. This redness should also be observable after the douche, and it is to the doctor and the patient a sure diagnostic; to the one it shows that the patient has sufficient strength to fight against the disease, in the other it inspires a well-grounded hope of restoration to perfect health. It proves an activity in the vessels of the skin, and by the growth and strength of this activity is judged the proximity or distance of the final cure. Perspirations at night, which tend to weaken the system, are to be avoided. This can be done by letting the bed-clothes by light, and washing the body at night with cold water. If the functions of the skin appear to be deranged, it may be necessary to wrap the patient in a wet sheet, before covering him



up for sweating—this gives tone to the skin. The sweating process must, however, be used with great care—and here we must beg our readers' strict attention to the rules laid down in the method of curing diseases, which follows immediately this branch of our subject. At Gräefenberg, not one-half of the patients are allowed to be sweated; and, in these cases, M. Priessnitz uses the greatest discrimination.

**ABLUTIONS.**—Where persons are very weak, washing and rubbing the body must be done, in place of the bath or douche; and water may be poured over the heads of feverish patients, and rubbed on the shoulders and parts affected. If the patient be too weak to allow of this rubbing, a wet sheet is thrown over him, on which the friction is applied. This is of great advantage in weak cases and young children. The ablutions are an essential, agreeable, and valuable portion of the cold-water system. In trifling complaints, gout in its infancy, nervous irritability, or in weakness in the skin, ablutions, accompanied by drinking abundantly cold water is very often sufficient to establish health. Ablutions should be performed in the morning immediately on getting out of bed, before the body has become chilled, and the patient must afterwards take exercise in the open air. Fatigued persons may try the wet sheet and the rubbing, and they will speedily find the benefit of it. To use the wet sheet as an ablution, the patient stands up, and the servant flings it over his head and body; rub the body well for five minutes, then take off the wet sheet, and put on a dry one. This is a certain relief for fatigue and over-exertion.

### COLD WET BANDAGES.

**COOLING BANDAGES.**—These are used in cases of inflammation, congestion of blood, headach, rheumatism, &c.; and should always be accompanied by the sitz-baths. To prepare them, linen is first wetted in cold water, then doubled in several folds, and placed on the parts affected, where they must remain until warm; fresh ones must then be applied, and continued till the complaint be remedied.

**STIMULATING BANDAGES.**—These are of even greater importance. They are dipped in cold water, and then well wrung out, then applied to the part affected so as to exclude the external air: to effect this, an outside bandage is placed over the first, which retains and throws back the moisture. Heat is thus generated, and has an exciting and dissolving property, which stimulates perspiration and draws out the vicious humours, as can be clearly shown by the bandages and the water they are washed in at Gräefenberg. Mr. Claridge tells a story of a prince, whose name he does not mention, "who, about twelve months previous to going there, had rubbed into his leg a light green ointment for about a fortnight, and found that at Gräefenberg the whole of it came out of his flesh by means of these bandages." When dry, the bandages are taken off and fresh ones applied; but this is not done during the night. They are applied to different parts of the body, and are one of the most important remedies of the cold water system. For throat and chest complaints they are worn one round the neck, and one on the breast at night; for weak inflamed eyes, one is worn at the back of the head or neck at night; for weak digestion and in debilitated cases, one round the waist, all day; and for gout and rheumatism, the legs are wrapped in them night and morning. The *umschlag*, a stimulating bandage, is always used for wounds, bruises, and diseased parts, and generally when pain is felt in any particular region of the body. Its alleviating power is most surprising. The bandage for the waist is a towel, three yards long and one foot wide; of this one-third is dry, and two-thirds wetted. The wet part is placed on the belly, the dry covers it, and is fur-

nished with strings which secure it round the body. This stimulating bandage is regarded as a certain cure for intestine congestion, constipation of the bowels, relaxation, colics and gripes. It rallies the powers of the stomach, increases the warmth or heat of the stomach, and, by assisting digestion, enables the system to form better juices. Gout, rheumatism, enlargement of the bones, arthritic concretions, abscess with and without ulcers, chronic inflammations, and ural chronic complaints of every kind, demand the application of these bandages, and yield to them. Cancers, caries, and syphilitic ulcers, are treated in the same manner. The bandages assuage the pain, calm the symptoms, and what is more, quicker and better than all the ointments and plasters of the pharmacopœia. These bandages promote the exuding of bad humours, and at the same time protect the parts from painful contact with the air. Ointments and plasters, are vain when compared to these cold wet linen bandages; they are much more easily impregnated with the bad humours. It is vain to attempt to cure malignant ulcers, nourished in the system by impurity of the blood, with ointments. When did they purify the blood so as to work a complete cure? Now, by the system of Hydropathy, this cleansing process is carried on with the greatest effect. The ulcer itself acts as a cleanser in exuding the bad humours, the general cure which is going on throughout the body, tending to purify and invigorate the blood, and giving to every process of nature a healthy tendency; and if no ulcers existed, this treatment would result in abscesses, which would of themselves spontaneously appear, to serve as channels to carry off vitiated humours.

**THE WET SHEET.**—The reader will be alarmed when it is stated in regard to fever, all diseases of the skin, as ringworms, small-pox, measles, and scarlet fever, the patients are to be wrapped in a wet sheet! This, however, is the case, and it is consonant with reason. This kind of fomentation calms and soothes the patient, assists the eruption, and in fevers, promotes a salutary perspiration. The following is the process:—Spread a blanket on a bed, then on it a wet sheet, well wrung out; wrap the patient close up in it, except his face; wind the blanket round the body, already cased in the sheet; then add plenty of blankets, tuck them well in, and soon the heat, the perspiration you desire, will have been generated. To stop fever, change the sheet every half hour. “In desperate cases,” says a medical writer, “we have known this done fifty times in twenty-four hours, and perseverance in this treatment ends infallibly in success.” When the fever has abated, the patient after being suffered to lie for a time in the wet sheet, to recruit himself and excite perspiration, is placed in a bath of half-cold water (about 64° Fahrenheit,) for a quarter of an hour; during which time two persons must rub him briskly with the hand, water being taken up from the bath occasionally, and poured over his head and shoulders. If fever comes on, which is indicated by cold shiverings, persevere in the bath, even for hours, until a genial heat is diffused over the whole body. If a bath cannot be got conveniently, throw a sheet wetted, not wrung out, over the invalid, and let it be well rubbed against the body for five minutes. These wet sheets and bandages are not unpleasant long, they get warm almost directly; but we must not regard inconvenience or unpleasantness for a cure. Are drugs, blisters, and leeches pleasant? do they, *for certainly*, effect a cure? Yet if the latter question were asked of M. Priessnitz’s treatment it would be answered in the affirmative. In no case of fever, however violent, has he yet lost a patient! We know, by experience, that the application of cold water relieves the skin, excites it, and disencumbers it of obstructions which close the orifices of the pores; a reaction of the whole system ensues, a heat being created on the surface

of nearly fifty degrees above the usual temperature of the body. The part afflicted imbibes a portion of the water, which, in conjunction with the new heat occasioned, softens and dissolves the morbid humours, and assists in their exudation by the pores of the skin. If any doubt be entertained on this subject, it will be removed if we refer to the fact of the disagreeable colour and smell proceeding from the bandages at Gräfenberg, which partake of the nature of each particular case. The notion of applying wet linen to the body, will, certainly, at first, seem dangerous; the old prejudices against wet clothes and damp linen will immediately revive before them in formidable array. How little danger and how much benefit there is in these applications is best proved by the practice of M. Priessnitz, who adopts them as his first steps, with the aged, with infants, with persons of weak and delicate constitutions, and with the nervous; for the purpose of hardening the skin, preparing them to take the bath, and strengthening their system generally, before submitting them to any other application of his cold-water process. As for catching cold through wearing wet bandages at night, such a thing is never heard of amongst the hundreds who at Gräfenberg wear them through every night. Let those afflicted with sore throat, or any pain, try them, and they will soon be relieved. The effects of lying in a wet sheet for half an hour are most soothing. Weak patients do so often twice a day, and if children are restless and without sleep, the wrapping of them in a wet sheet will bring immediate relief. The bandage, or *umschlag*, is thus made:—Take a piece of linen, double it in two folds, dip it in cold water, and wring it well out; over this place a dry bandage, sufficiently large to cover the first. This is the whole secret of this part of Hydropathy. They are worn together on various members of the body, as they may be affected—mostly by night only, but in cases of pain by day also.

### COLD WATER DRINKING AND COLD WATER INJECTIONS.\*

Vincent Priessnitz prescribes only such quantity of water to be drunk as can be taken by the stomach *without inconvenience*. Twelve glasses per day is the least that should be drunk; and most individuals swallow from twenty to thirty. Nothing is more easy than to accustom oneself gradually

\* Some object to the drinking of cold water, on the ground that animals only drink to allay their thirst. True; but they do not live in our artificial state, nor are they subject to mental influence. It is undeniable that the nearer people approximate to nature, the less they need adhere to any prescribed rules; but man resorts to water in order to establish his health, therefore the quantity must be increased, not only for the purpose of allaying his thirst, but to dilute, dissolve, purify, and restore, in quantities which must depend upon the inconvenience or pain experienced. By this simple means, serious indispositions are often prevented. Another argument made use of against drinking cold water is, that it produces dyspepsia. In the first place, it is evident, that if this were true, such a complaint ought not to exist amongst us, for whoever heard of an Englishman drinking too much water? but we affirm, on the contrary, that this disease is caused by the injudicious administration of drugs; the use of too large a quantity of them; by omitting to drink cold water, and by neglecting to wash or bathe the body daily in that element.

If the skin is so much relaxed that it no longer throws out those matters which daily reach it from the interior of the body, fluids are collected underneath the skin which ought to be evaporated, and which cause inflation, paleness, and cold; this is called dyspepsia.

The more the human body is injured by drugs, the more it is in need of strong perspiration, because it endeavours, by the aid of this physical agent to relieve itself of all diseased matter, from this it may be inferred, that no persons are in more need of the cold-water cure than those who have taken too much physic. Further, strong poisons, of whatsoever nature they may be, whether mercury, blue pill, calomel, bark, or spirituous liquors to excess, frequently cause death by dyspepsia; sometimes this disease is caused by catching cold, but only those are liable to it who have produced a disposition to the complaint by relaxing the skin. The only remedy formerly known was to draw off the water by tapping, which operation, often repeated, gives a respite to life for a short time. This illness, in its infancy, may always be speedily cured by Hydropathy; and, in its most advanced stages, if there be any strength left in the constitution, this disease will be eradicated by the water cure; it being the property of this treatment to revive the activity of the skin, and enable the latter to indulge freely in the necessary ejection of perspiration.

From the returns of the year 1841, within the city of London and Bills of Mortality, amongst a people altogether opposed to the use of water, we find that from dyspepsia alone, the deaths amounted to no less a number than 584. Any one who never takes physic, nor intoxicating liquors, and keeps to a water diet, may be perfectly sure of never being attacked with dyspepsia.—*Claridge on Hydropathy.*



to water-drinking. At first no thirst is felt, and the patient therefore cannot drink it; but like as in drinking wine, thirst comes with the very means taken to allay it; so does the desire for more water be speedily felt by those who drink it. And this arises from the vast quantity of juices carried off by perspiration, which nature feels a desire and a necessity to replace. M. Priessnitz declares his opinion, that much of this thirst arises from bad juices in the system, and corroborates this assertion by the fact that, after the clearing out of these juices by his treatment, the thirst always ceases. On first taking to drinking water, some patients feel a sickness, some actually vomit, some have diarrhœa; all which symptoms tend to prove nothing more than that the stomach has within it certain bad humours and aerimonious juices, remnants of old diseases, which the water has set in motion and disturbed. Let the patient then, so far from leaving off his draughts of water, go on to drink more of it, as a means of ridding his stomach of these foreign humours. An increased appetite and restored tone of stomach, will soon prove the benefits of cold water.

When the stomach is overcharged, cold water must be drunk until vomiting or diarrhœa come on; and when these ensue, the patient must still drink cold water until they stop. How far more agreeable is this prescription of M. Priessnitz than the severe diet and regimen prescribed by doctors when the stomach is overcharged! Our method removes all those impurities from the stomach, which by the doctor's prescription, abstinence, would pass from the stomach only to the blood, and thus render impure the whole system in place of a part. Vomiting by drugs produces the same effect; but this materially weakens the system! Cold water, on the contrary, strengthens the organ.

As a beverage, cold water cleanses and strengthens the stomach and intestines; it drives out bad juices, and aids in the production of healthful ones; it unites with the blood, being absorbed into it; it diffuses itself quickly through all parts; and liquifying, dissolving, and purifying the acrid and coagulated humours, it finally carries them from the body as perspiration or urine. For trifling indispositions—indigestion, and all complaints for which the doctors advise aperient and mineral waters, cold water will be found more than efficacious; it restores without weakening the digestive functions. In drinking cold water there can be no danger—or in recommending it no quackery. The best time both for drinking cold water and exercise is before breakfast. Then they both produce their *best* effects; but the only general rule prescribed by Priessnitz is to drink cold water as much, and at all times, as it can be done without inconvenience. Water may be drunk after breakfast, but the stomach must not be overcharged. At dinner also a few glasses may be taken to moisten the food; after that the stomach must be left to itself; and after the lapse of a few hours, we may go on drinking cold water until supper time. It may be taken after supper, but not so as to disturb the rest. Exercise, which is in itself a part of the curative process, excites the beneficial action of the water, and greatly promotes the cure. *The water* should be fresh from the spring, and as cold as possible. Stoppers must be kept in the bottles and decanters which hold it, as the water then will preserve its coldness and freshness much longer.

**COLD-WATER INJECTION.**—The first and most generally used of cold water injections is, the cold-water clysters, which are used generally for constipation of the bowels and diarrhœa. These diseases are opposites, but both proceed from the same cause—weakness of the intestines, which is remedied by giving tone to these organs, and regulating their functions. At first, they must not be applied for more than two minutes; but afterwards, when the intestine is accustomed to them, the clyster will be fre-

quently absorbed like a glass of water in the stomach. A second clyster is applied directly after the first.

Cold-water injection is also the best means to preserve the teeth, by washing the mouth after eating, in the morning and in the evening. For cold in the head, water snuffed up the nostrils is a sure cure. Scrofula in the nostrils of children, a by no means uncommon complaint, is cured by this means. They are also serviceable in ear complaints.

### BATHS.

**THE ENTIRE BATH**—at Gräfenberg, is “about thirty feet in circumference, and sufficiently deep for a man of the ordinary height to plunge into up to his neck. The water is constantly renewed by springs of water in the mountains, which are conveyed through pipes into the bath, and escape by an opening for that purpose, so that no impurities may remain; besides which, the bath is emptied and cleaned twice a day. The risk which is incurred of catching cold, if, on arriving at a river to bathe, we remain until the body is cold and dry, cannot possibly exist in this case; as we thereby abstract from the body the heat which it requires to produce re-action, and then lose the good effect of bathing. Then if we walk far to the bath, it is necessary to repose a little to tranquillize the lungs, after which we must undress quickly and plunge head-foremost into the water; first wet the head and chest to prevent the blood mounting to those regions. This precaution is strongly enforced at Gräfenberg. During the bath the head ought to be immersed several times in the water. The person must keep in movement in the bath, and rub with the hands any parts afflicted, by which the skin is stimulated, and the sensation of cold abated. Those whose chests are affected must exercise moderation in the use of the bath, entering it only by degrees, and not staying in too long. In general, the time for remaining in the bath is regulated by the coldness of the water, and the vital heat of the bather. Priessnitz advises his patients to avoid the second sensation of cold, which is a sort of fever, by leaving the bath before it is felt: by this means the patient will avoid a too powerful re-action, provoked by a great subtraction of heat. This precaution is indispensable at the epoch of the cure, marked by fevers and eruptions. Then a re-action, produced by an immoderate use of the bath or douche, would oblige the patient to keep his bed for some days, without at all accelerating the cure. Persons who treat themselves by cold water, ought to observe the rules strictly, as they will have no one to give them advice in case of transgression, when medicine would do more harm than good. There is but one thing which they can use or abuse with impunity, and that is drinking water. On leaving the bath, which is found more refreshing than any one can imagine who has not experienced its effects, you are covered with a sheet, over that a cloak is thrown, and thus you go to your room, where the whole body is dried and rubbed; then you must dress quickly, and walk to keep up the warmth. To effect this, by the heat of stoves or beds, would be acting in direct opposition to the treatment. A glass or two of water immediately after the bath, is agreeable and should not be omitted whilst walking. When irritation is highly excited during the cure, baths should be suspended, as they would augment it.—A general washing of the body, and sitz-baths, are then resorted to. Sweating is also replaced by the envelopment of the body in a damp sheet, the repeating of which operation, together with the sitz-bath, will cause the irritation to cease.”

**THE DOUCHE BATH.**—Of all remedial means employed in the cold-water treatment of M. Priessnitz, the douche is the most efficacious, in setting in motion the morbid humours and routing them from the parts:

they have seized upon for years. In long continued complaints the douche is also a most powerful remedial agent. It removes the weakness of the skin, brought on by the sweating process, and strengthens it. It renders the body hardy, and fortifies it to endure all changes of the air. It powerfully excites the muscular and nervous systems. The following is the account given of the douche at Gräfenberg, and its uses by an eye-witness:—"What is understood by a douche, at Gräfenberg, is a spring of water running out of the mountain, conveyed by pipes into small huts, where it falls from the top in a stream about the thickness of one's wrist, which fall constitutes the difference between the douche and a shower-bath: outside this hut is another for dressing, constructed like the first, in the rudest way imaginable. There are six douches in the forest at Gräfenberg, the fall of the first is fifteen feet; the second, ten feet; the third, twenty feet; the fourth, eighteen feet. The douches set apart for women have a fall of twelve feet each; the diameter of the fall is the same as in those of the men. At the colony there is a douche which is available all the winter; this is not the case with the others. About half a mile out of the town of Friewaldau, there are four douches more, resorted to by both sexes. Nearly all the douches are at some distance from the places of residence of the patients, which occasions a walk to arrive at them, so that the body is in a glow, and better calculated to be benefited by the effect of the water, when submitted to the process. Parts afflicted should, for the greater part of the time, be exposed to the action of the douche, though it must be received occasionally upon all parts of the body, except on the head and face, unless this is especially ordered by Priessnitz. Weak chests should also avoid it on that part and the abdomen, otherwise the fall of water on the lower part of the stomach or belly is not injurious. The atony of this region will not, however, always resist these means. The relief afforded by the douche, sometimes in a few minutes, in arthritic cases and rheumatism, is almost miraculous. The douche being intended to put the morbid humours in movement, ought to be discontinued when it produces feverish excitement, and be commenced again when that has ceased. The duration of the douche is from three to fifteen minutes, and rarely extends beyond the latter. The time for douching is one hour after breakfast, and two hours after dinner. Most of the patients at Gräfenberg are very much pleased with this part of the treatment."

**THE EYE-BATH** is a glass instrument about the size of and made to fit the eye, so as to hold a small quantity of cold water to the eye, and is in the shape of a funnel. When full it is held to the eye, and then the eye opened for about five minutes. The head-bath is generally used with this bath, but the latter oftener; in most cases where there is inflammation, fomentations to the back of the head are applied on going to bed, and another at the back of the neck during the day. For weak eyes the forehead must be bandaged on going to bed.

**THE FINGER-BATH** is used for whitlows. Place the finger in a glass of water four times a day, for a quarter of an hour each time; and the elbow in water twice a day, and put on a heating bandage above the elbow, to draw the inflammation from the hand.

**THE FOOT-BATH**—By the system of M. Priessnitz, these baths are used when the doctors would order warm baths. Thus headaches, toothachs, inflammation of the eyes, and a flow of blood to the head, are always relieved by the foot-bath, with the addition of wet bandages on the parts affected. The foot-tub for these baths should not contain more than from two to four inches depth of water—just enough to cover the foot, not the ankles; for toothach an inch is enough, and the time from a quarter to half an hour. For sprains the water must be up to the ankles. The water to



be changed as soon as it feels warm. Go into the bath with your feet warm by exercise ; and on leaving it, take exercise without delay, to restore to them the warmth. Friction with the hands will promote the desired warmth. Cold in the feet is best prevented by cold foot-baths ; warm water weakens the skin, excites the pores, and renders the feet more susceptible of cold. To prove the beneficial effects of the foot-bath, and how it preserves us from catching cold, we need only feel our feet two hours after the cold bath. They will be found very hot. Before exposure to cold, as in travelling, it would be well to take a cold water foot-bath two hours before setting out. After travelling or any great fatigue, a cold water foot-bath previous to going to bed, will be found greatly refreshing.

THE HALF BATH is a large tub, like half of a hog'shead, and is generally used by new comers to excite the morbid humours by friction produced by rubbing. The temperature of the water should never be lower than 60 degrees, and about six inches deep. If used in place of the entire bath, the attendant pours water upon the patient, or keeps continually wetting his body and head from the water of the bath ; but when these baths are used, their effect is less stimulating than the entire bath ; then the body is carefully covered, and the bath so closed as that the head only is seen. This is done in cases where the patient is required to remain an hour or two in the bath. A medical man, suffering from atonic gout, was cured by this treatment. Græfenberg patients may be seen sitting thus inclosed in the half-bath for several hours, until fever ensues. The CRISIS \* of

\* The crisis is a period in the treatment when nature is about to resume her power over the disease, when the latter has been attacked and is struggling to escape. It may be compared to a tiger, which a man is tempting in its lair : for a short or long time depending upon the caprice of the animal, it lies dormant, only occasionally giving signs of existence ; when suddenly it rouses, and a violent struggle ensues ; the man, however, proves the stronger of the two, and the animal retires worsted in the encounter. In all future attacks, too, which are even less vigorous than the first, the tiger is defeated, until it finally quits its lair, and flies from its human conqueror. Thus, at least, are old chronic diseases eradicated : in acute cases, the first encounter very often settles the affair. It is in a crisis that the giant mind, the wonderful genius of M. Priessnitz, are made manifest. Such is the unbounded confidence of the patient in him, that every one ardently desires to pass through this ordeal, it being the sure road to health. It must be here observed, that though this is very often a painful period, the assuaging power of water, the non-necessity for confinement and change of diet, added to the perfect security which every one feels as to the result, render it tolerable ; and the stranger is struck by the novelty of hearing people compliment one another on being informed, that they have passed a feverish night, or that rash or boils have broken out on some part of the body. This is, however, soon explained by the knowledge which they acquire at Græfenberg, that these are some of Nature's means of resuming her wonted empire over the system. In and amongst the various discharges or evacuations which lead to the detection of disease, perspiration is more remarkable by its frequency. This could not escape the observing genius of Priessnitz : and it consequently became one of the chief agents or instruments in his mode of the cure. "If we consider," says he, "the quietude of the circulating and respiratory organs when not stimulated by drugs, or agitated by any violent movement of the body or mind, we can easily conceive that cold water drunk during a perspiration caused by the concentration of the natural heat of the body by blankets or other coverings which are brought in immediate contact with the skin, far from deteriorating the constitution, must greatly refresh and relieve it." This is a fact which all invalids who have tried the experiment readily admit. An officer in the Prussian army, author of the most concise and best written work on the cold-water cure, told the author that six years ago he was radically cured at Græfenberg, of a complication of diseases, to the astonishment of all the medical men whom he had previously consulted : that he had the so-called crisis there : the first crisis was painful and distressing in the extreme, rheumatism returned to each part where he had previously felt it ; his foot, which several years before had suffered from being trod upon by a horse, was exceedingly painful, his hands and feet became double their ordinary size, and any one might have tracked his path to the bath by the discharge from the latter. This lasted for about ten days. Afterwards he had two other attacks, each inferior in intensity to the preceding one. After the last he found that his hearing, which he had lost for two years, was perfectly restored ; he could walk as well as ever he did, a necessary pleasure of which rheumatism had altogether deprived him ; in fact he was a new man, and since that po-

the complaint is thus brought on:—The morbid matter secretes to the skin in the form of abscesses, which break and occasionally discharge themselves in great quantities. At this period of the disease, the baths are not used until the humours are discharged. The half-bath is frequently applied after the wet sheet; when the whole body is also well sprinkled with cold water, and well rubbed in. Whilst still in a state of perspiration, from the wet sheet, the patient should hurry to the bath, throw off his covering, after wetting the head and chest; and the servant must throw a pail of water over his head, and well rub the face and body—this rubbing frequently continues for a quarter of an hour. On coming out of this, the patient must take exercise in the open air. In fever cases, wrap the patient closely up in a wet sheet, changing it as soon as it becomes warm, for another, which is done until the fever has subsided; we then place him in the bath, and two attendants rub him well all over with the hand until the symptoms are abated. At night, if he feels any feverish symptoms, the same process is repeated until he is declared to be cured.

THE HEAD BATH is a shallow vessel containing a few inches of water placed at the end of a rug spread upon the floor; it is used for rheumatic pains in the head, common headaches, rheumatic inflammation of the eyes, deafness, loss of appetite, delirium tremens, giddiness of the head, dizziness of sight, and usually disturbs the morbid humours and causes them to evacuate by abscesses behind the ear. Apoplexy may be prevented by a few minutes bathing. The back of the head must be placed upon a towel in the water, then the sides, then the front, and lastly the back—dividing an hour in the whole; the water should be renewed at least twice. For common headache from ten to fifteen minutes is sufficient; but if obstinate, the foot-bath and a sitz-bath slightly chilled, may be used. This bath may be tried successfully in cases of complete drunkenness, or bad head in the morning arising from the same; which treatment, with a few tumblers of cold water, will be better than seidlitz powder, soda water, &c.

THE SITZ OR SITTING-BATH is a small shallow tub of about eighteen inches diameter—the water about three or four inches in depth; in which the patient sits, with his feet rested on the ground, for a quarter of an hour, or longer, as may be thought requisite. Sometimes this bath is taken twice or three daily. It strengthens the nerves, draws down humours from the head and chest, relieves flatulency, and has the most important results to those who lead a sedentary life. No more water must be used in this bath than three or four inches at the most; as a larger body of water would remain cold, and perhaps cause a congestion to the upper extremities; but, being small in quantity, it quickly becomes of the same heat as the blood, and allows of an instant re-action. A wet handage to the head will, however, prevent any congestion; while the effect of the sitz-bath may be much advanced by rubbing the abdomen as much as possible, while in the bath, with the wet hand.

riod he has been perfectly well. This gentleman said, that whilst in a fortress, after his cure, with his regiment, almost all the officers, except himself, suffered from influenza, which he completely escaped, by drinking cold water and making several ablutions per day. Not only did these means preserve his own health, but he had the great satisfaction of being useful to his aged mother, through their medium. This lady, on awakening one morning, found that she was wholly deprived of the use of one side of her body. As she lived in the country, far from any physician, nothing remained but for the officer to exercise the knowledge he had gained at Gracfenberg, and in this he proceeded as follows:—First, he caused three women to rub her as hard as they could all over, particularly on the side afflicted, with their hands dipped in cold water, for half an hour; then, he had her placed in a wet sheet for about the same time, and from that immersed in the bath with the chill off the water; here the women again rubbed her for fifteen minutes, she was then dressed, and was able to walk about and use her limbs as if nothing had occurred.—*Claridge on Hydropathy.*

## REMARKS ON THE EFFECTS OF THE EXTERNAL APPLICATION OF COLD WATER.

The skin is not merely a protecting covering, serving to defend the subjacent parts, but one of the most important organs, the continual activity of whose functions is essential to health. This organ, by neglect, becomes a source of most diseases.

"As the last ramification of the nerves terminates on the surface, the skin is the seat of a sense the most powerful and most frequently employed, the touch, or feeling, by which we come in contact with other bodies, and, above all, with atmospheric air. It is, then, principally in the state and constitution of the skin that we must discover the reasons for the various degrees of susceptibility in different diseases, the sensibility of all persons to change of weather and temperature, such as draughts, and the ease with which so many persons perspire, and are thereby liable to constant colds.

Absorption and exhalation are two other important functions of the skin, which are effected by means of innumerable pores which appear on the surface, where the hairs appear, and on which about the orifices of numerous vessels that terminate there. By absorption we introduce into the animal economy all those fine and imperceptible substances, which enter more or less into the composition of the corporeal frame.

Exhalation, or cutaneous perspiration, consists in the perpetual evacuation of substances no longer requisite for the nourishment of the corporeal substance. This insensible, incessant excretion, produces a vaporous liquid, only estimable by its smell and weight, yet so great that, according to exact observations, the skin in a healthy state, without sweating, conveys from the body daily three pounds of used and corrupted substances. As the free exercise of all the excremental secretions must thus be of the greatest importance to health, we can easily imagine the ills that must follow the suppression and derangement of perspiration."

On the other hand, the more active the skin may be, and the more freely the insensible perspiration is carried on, the less have we to fear rheumatisms, catarrhal affections, &c. This shows how that in a highly dangerous disease, one strong sweating may arrest its progress and cure it, by relieving the system from the corrupt matter causing the disease.

Now, is it possible to adopt a better plan to preserve the vitality of the skin, and aid a free perspiration, than pure cold water? Our ancestors, who were well convinced of this truth, and put it into practice, enjoyed more vigorous and lasting health than their descendants. What, then, can be more surprising than the fact, that in days, when the cultivation of the mind, of sciences, and of arts are brought to such high perfection, we should still see that important organ, the skin, necessarily demanding such essential care, entirely neglected, and ablutions and cold baths, the true and only means of assisting the action of the cutaneous function, fallen into such desuetude that the famous Dr. Hufeland, more than forty years since, was compelled to complain that the greater number of men had never experienced the salutary effects of cold water during the whole course of their lives, except at their baptism! We certainly are still accustomed to wash our hands and face every day in cold water; but this is all we have preserved of the health-bearing ablutions and baths of our ancestors; these we observe carefully for the sake of cleanliness; but we limit ourselves to this washing alone, and carelessly neglect other important parts of our bodies, as if they never required to be washed and made clean. Covered and swaddled with clothes, in our darkness we do not see that if the corrupt and dirty matter from daily insensible perspiration, or



from sensible sweating, is not carefully cleared from the skin by washing, it must increase and attach itself to the skin, close the pores, and obstruct the excretion so indispensable to health, and must inevitably, from such evil tendency, at last produce disease. We relax and debilitate the skin, by dressing too warmly during the day, and sleeping on feather beds at night, or by washing ourselves with warm water.

Let us look to animals. Do we not still wash and cleanse our horses, lead our dogs to a river, and take care that our poultry have plenty of water? But as to ourselves and our children, an unaccountable blindness seems to deprive us of the beneficial effects of this indispensable element.

We often see our children languish and fall sick; but we never think that too frequently the only cause of this illness is, the obstruction of the pores of the skin, produced by our negligence in not having purified it with cold water. Are such the profits of the boasted cultivation of our mind and of our profound knowledge?

Nor is the use of fresh water confined to cleansing the skin, and assisting the perspiration; its salutary effects reach much further. The first impression of cold water, it is true, when it comes in contact with our bodies, is unpleasant, arising from the absorption of the caloric, the contraction of the capillary vessels, and the sudden rush of blood and humours towards the centre. The first action of cold water is, to cause a sudden sensation of cold, a shivering, a trembling of the limbs, and an oppression of the chest. But the activity of the organs, concentrated inside, begins on the instant a re-action towards the surface, with force sufficient to dissolve the contraction, to restore the heat, and gradually to assist the circulation of the blood and humours, to aid the secretions and excretions, to strengthen the muscles and nerves, and lastly, to refresh, re-animate, and vivify, in a healthful manner, the entire system. What other way, it may be asked, than this is there to guard our bodies from the dangerous influences from without—this body which we so carefully render, from our births, delicate and susceptible of the slightest current of air, and every change of the temperature? What means can be more securely, or more easily employed, to fortify and make robust, than ablutions and cold-baths?

Dr. Hufeland, whom we have before mentioned, in speaking of cold baths, says, “they not only purify, not only give vitality to the skin, but refresh the body, and enliven the mind. They strengthen and guard it from atmospheric changes, preserving the suppleness of its solid parts, and the flexibility of its articulations; and, in fact, prolonging vigour and youth, and postponing decrepitude and old age.”

For these reasons it is, that doctors of every age and experience give their advice with respect to children, to accustom them, from the most tender age, to this salutary element, by washing the head and feet every day with water, not cold but lukewarm, and diminishing daily in heat, until fresh well water may be employed, and occasionally to subject them in winter, and in summer oftener, to cold-baths. These doctors are aware, that there is nothing more proper to make children less sensible to colds, and other dangerous influences—nothing better fitted to ensure the straightness of the limbs, to strengthen and make robust, to protect against all sorts of cutaneous and other diseases, than cold water.

## HYDROPATHIC METHOD OF TREATING DISEASES.

**ACCOUCHEMENT.**—On this important subject we shall quote the words of Dr. Mundé, as corroborated by Mr. Claridge:—“Experience has demonstrated the utility of cold ablutions and exercise in the plain air, to females who are *enciente*; to this ought to be added simple diet, and the

drinking plentifully of cold water: wine, coffee, and liquors should be avoided. Madame Priessnitz is accustomed, during the six weeks previous to her accouchement, to take a cold-bath every day. To this she owes the happiness of a prompt and easy accouchement, and her speedy establishment in health."

**BLEEDING AT THE NOSE.**—Wash the throat and back of the neck with cold water; apply a cold wet bandage to the stomach; take cold foot-baths; if requisite, the sitz-bath may be used, and the body may be washed with cold water. A wet bandage placed on the genitals, will frequently check a bleeding at the nose.

**BURNS.**—Cold wet cloths to be applied, without a dry one over them.

**CANCER.**—For this awful complaint, cold water is a certain remedy. The treatment is the same as that of ulcers, with the exception of the employment of perspiration. For Cancer the invalid should perspire for a longer period every day.

**CHOLERA.**—The treatment of this complaint depends upon the constitution of the patient, and the nature of the attack. The water should not be so cold when the constitution is weak, and the sweating should not be so frequent. If the patient be senseless, the treatment should begin with cold clysters; if attacked with vomiting and stools, he should be placed in a sitz-bath of the temperature of sixty-two degrees. If he has a headach at the same time, apply cold fomentation; rub the stomach and abdomen with as little intermission as possible, and at the same time let another rub the back, arms, and legs, with the hand frequently dipped in cold water; and let this rubbing be continued until the natural heat comes back to the skin. The patient must drink large quantities of cold water, as on this depends the cessation of the vomiting and looseness. Mr. Claridge says, I have known a patient drink thirty glasses an hour. Priessnitz effected a cure in three days. As soon as the symptoms are abated, the invalid should be placed in bed, and rubbed with a dry band until the heat returns to the body, and then the sweating process should be commenced. As soon as perspiration appears, the cure is effected. Should the symptoms occur again, the same course must be adopted. When the patient sweats, the windows may be opened as the invalid feels inclined. Next, he should be carried to the bath; and afterwards, if strong enough, he should take exercise in the open air, and wear a bandage constantly on the stomach. If of a weak habit, the patient must be kept quiet, as repose is the best restorative of exhausted nature; if, however, the patient be robust, let water quite cold be used, and let the sweating be more frequent. The disease is strong, and must be treated with energy. In the early stages of Cholera the cold water treatment is quickly efficacious; but if too long a time has been suffered to elapse, the cure is not so quick; if persevered in, however, success is sure to crown the effort. Fresh water only should be used in the baths and ablutions; if too cold, a little hot water may be poured in to raise the temperature. To cure Cholera, perspiration must be reproduced, and this can only be done by restoring vital energy to the skin by the circulating qualities of cold water. To effect this, the water must be kept at an equal temperature, by renewing it as it becomes warm. When placed in the bath, the patient should not be immersed lower than the navel, the thighs and legs being out of water should he strongly rubbed to restore the warmth. As regards the temperature of the water it can be easily imagined that, were it too cold, it would be dangerous; for, failing immediate reaction, death might follow—to avoid this, let the temperature of the water be proportionate to the remaining strength of the patient; the ablutions, which are used only after the sweating process to refresh

the beated parts, must be of short duration, not longer than three or four minutes. If cramps come on in the extremities, they should be placed in water, and friction applied until the pain ceases. Those attacked by cholera should eat little, take no milk, and drink water abundantly. The cold water process must be continued for some time, not only to keep up the strength when restored, but also to completely root out of the system the evil humours which have caused the disease.

**CHILBLAINS.**—Heating fomentations or bandages to the parts affected, if recent; if of long standing, the sweating process. The complaint arises from vitiated and stagnant humours.

**COLD FEET.**—Take cold foot-baths twice a day, from fifteen to twenty-five minutes, and bind them at night in a heating bandage. Take exercise freely, in order to set the blood in motion, and to distribute it equally through all the parts. Perspiration in the feet is cured by the same treatment, with the addition of the sweating process.

**COLICS.**—Sitz-baths, bandages on the abdomen, clysters, and cold water drunk abundantly. Rheumatic colics treated in the same manner.

**COLD IN THE NOSE.**—These colds are considered healthy, as relieving the system of some of the bad humours. To relieve it, sniff cold water up the nostrils often, and wear a heating bandage on the forehead at night.

**CONGESTION OF BLOOD, BLOOD TO THE HEAD, &c.**—These generally affect the head after meals, or after indulgence in stimulating drinks; also after extraordinary excitement. If subject to this, leave off stimulating food and drink, eat sparingly, drink water at table; after meals take a little exercise; avoid all excitement, political, literary, or commercial; and do no business after dinner: to this add the use of cold water as a constant drink; also sitz-baths and clysters, remaining in the baths from half an hour to an hour. Cold wet bandages must be applied to the head, and frequently repeated, to excite the sluggish vessels and give tone to the debilitated organ. A foot-bath and cold bandages are often enough to cure this complaint; the sweating process is avoided, as tending to excite the flow of blood to the head.

**DIARRHŒA.**—This complaint is often the work of nature to carry off prejudicial humours, which you must not prevent, unless chronic and accompanied with weakness, then the sitz-baths must be used three or four times a day, half an hour each time. Abundance of cold water must be drunk, and cold water injections used; eat little, take but little exercise, or rather, if possible, keep in bed. Cold water used for a length of time, will restore proper tone to the organs of the abdomen.

**DIGESTION, WEAKNESS OF.**—The first means towards a cure is to avoid the original causes of the complaint. Let sobriety be observed in place of intemperance; simple food taken instead of artificial. Let the regular meals be limited in quantity; food and drink cold, not hot. Avoid spirituous liquors; breakfast and sup on cold milk. Let dinner consist merely of meat and vegetables. Wear light clothing, and keep an easy mind. Take much exercise, wash often with cold water, and drink plentifully of the spring. Having set these rules to yourselves and determined to follow them, let us now proceed to remedial measures. A stimulating fomentation, to cover the lower part of the stomach, must first be worn. A light sweat and a cold bath to be taken in the morning; in the evening, a sitz-bath; and during all these the abdomen and lower stomach to be rubbed with wet hands. The douche, if it can be got, may be used, but not on the stomach; if it cannot be got, let the body be well sprinkled with cold water, beginning on the shoulders, and gradually going down to the abdomen. Let cold water be drunk plentifully, not too much, however, at a time, at meals especially. Before breakfast is



the best time for cold water drinking. Much exercise is requisite, in the morning. Great heat should be avoided. "I saw," says Dr. Mundé, as translated by Mr. Claridge, "an invalid arrive at Gräfenberg, who had taken a considerable quantity of mercury; he had for several years felt pains in the stomach, accompanied by violent headachs; each returned every twelve hours, and deprived him of all his faculties, more particularly his digestion. He had tried medicine in vain, without obtaining the slightest relief. He was completely cured at Gräfenberg, not only of his pains, and his bad digestion restored, but his system was purified by sweating out the mercury with which it was saturated, which, no doubt, was the origin of his disease." His treatment was what we have described.

**DEAFNESS.**—Rub the body all over with a cold wet cloth twice a day. A wet bandage over the ears at night. Plenty of water to be drunk. In cases of obstinate deafness the whole hydropathic process must be gone through.

**DROPSY.**—This is one of the diseases, when of long standing, that cannot be cured at Gräfenberg. When in its infancy it is curable. The treatment consists in perspiration, and cold wet bandages applied to the parts afflicted.

**DROWSINESS.**—Proceeds generally from bad digestion, superinduced by overcharging the stomach. In this case the remedy is abstemiousness in eating and drinking. On the first symptom of drowsiness arising from an overcharged system, place a cold bandage on the abdominal region, give two elysters of cold water daily, and the patient must drink much cold water in the morning, especially before breakfast. Baths, ablutions of the body, and head-baths, should also be applied; and after these, the head must be vigorously rubbed dry. Head-bath and friction to be repeated on going to bed. Exercise to be taken after meals, in order to prevent sleepiness.

**EARACH.**—This disease requires the same treatment as inflammation of the eyes; that is to say, the ears must be bandaged, and linen well wetted with cold water should be introduced into the ear, and a similar bandage worn round the head. In case of obstinacy in the disease, the process of perspiring and the cold water are indispensable.

**EPILEPSY.**—This is a disease that even Priessnitz will not undertake to cure, but thinks it might be relieved by taking cold baths and drinking cold water.

**ERYSIPELAS.**—This is an effort of nature to throw out from the system a humour which obstructs its internal workings. Cold ablutions would, in this instance, have a dangerous tendency to drive in the eruption. The patient must be made to sweat in a wet sheet. Heating bandages are to be applied to the diseased parts. This treatment never fails of success.

**FEVER—INTERMITTENT.**—Priessnitz cures patients by placing them during a paroxysm in a half-bath for long or short periods, and well rubbed all the time with cold water. The patient must use the sitz-bath, and drink copiously of cold water, until it causes him to vomit, or produces relaxation; a cold wet bandage is placed on the abdomen, for the purpose of producing perspiration. By these simple means is a disease cured, which resists, too often, quinine and all the specifics of the pharmacopœia. Every year some hundreds of patients—soldiers from the fortresses of Prussia, where, in the summer months, this disease is prevalent—have reason to bless the system of Priessnitz for their cure.

**FEVER—NERVOUS AND INFLAMMATORY.**—All fevers yield to the use of cold water as fomentations—i. e., the wet sheet and the sitz-baths, each being renewed, according as the disease is more or less malignant.

**FRACTURES.**—Of course the mere application of cold water will not piece a broken bone: that is a subject for the fingers of a surgeon; but cold wet handages will keep down inflammation and relieve pain. A small one must be first applied for about an hour, then a larger one, to drive away the sympathetic pains.

**GOUT.**—While all other medicines used hitherto for the cure of this complaint, whether in the feet, the hands, or the knees, are essentially hurtful, though productive of momentary relief, bringing on, as medical treatment invariably does, forced evacuations, a derangement of the digestive functions, and a collection and secretion of acid juices, we may, with a clear conscience, from our own knowledge, pronounce that the Cold Water and Sweating Treatment of Vincent Priessnitz, are the only means which result in a final cure. This method expels from the system the vitiated juices, and strengthens the system by *exhilarating*, rallying, and hardening the digestive organs. Eight weeks are sufficient for a radical cure, however violent the disease. To cure Gout requires the use of the whole Cold Water system. First, it is necessary to obtain relief for that irritability of the skin which is so painful a diagnostic of the complaint. This is done by the use of the baths and the sweating process, combined with exercise in the open air. Progressively, all flannel worn next the skin must be laid aside. In summer, this is done on the fifth day; in winter, somewhat later; and, strange as it may seem, always without any discomfort to the patient. When the patient has sufficient strength, he may next submit himself to the douche-bath, at first applying the stream to all parts of his body, and afterwards, as he can more easily bear it, to the part affected; that by such brisk application, the morbid humours there collected may be set in motion.

We now come to the perspiration or sweating process, which, in cases of gout, is of the utmost importance. The patient, wrapped in a blanket, must now bind round the inflamed parts the handages or swathings, renewing them as we shall hereafter describe. It is rarely that more than six weeks pass over in this stage of the treatment, without that stage coming on in the state of the patient, which Mr. Priessnitz denominates the *crisis* turning-point of the complaint in gout. When this crisis comes on, the patient is covered with eruptions and boils, and then the douche bath must be used with moderation; the sweating must be milder, and the patient remain a shorter time in the bath. Sometimes the *sitz* (or sitting) bath alone must be used; sometimes the foot-bath only. Should the crisis be very powerful, the bath is often avoided, the wrapping in a wet sheet used instead. The treatment, thus modified, is kept up till a final cure be effected, unless the irritation of the eruption increase to a dangerous height—it must then be suspended, and cold water fomentation, with bandages, day and night, be applied, adding also the *sitz*-baths. These will calm and sooth the irritation. During the whole of this treatment, the gouty patient must drink plentifully of cold water to thin the humours and excite perspiration. Exercise also should be taken much as possible. If this cannot be done, the drinking of cold water and frequent washings in the same, must be most carefully attended to. Gout in the head has been cured by these simple means only. Whether the gout be in the lower or the upper extremities, the foot-bath, if persisted in, will be found extremely effective. The diseased parts must be handaged, and the baths taken once or twice a day for at least half an hour each time. The water in the foot-baths should not be deeper than up to the ankle.

**HEADACH.**—Headaches are almost always cured by the foot-bath and head-baths of fifteen minutes each. First the back part of the head, and then the sides: for the first ten minutes, for the latter five minutes, has

should be placed in the bath, then the head should be bound up in a wet linen bandage, not covered with a dry one; much water should be drunk to relieve the stomach, and exercise in the open air. Should it return, it will be necessary to perspire and use ablutions. Violent headaches are often cured by a foot-bath of an hour, with abundant portions of cold water drunk.

**HEARTBURN**—Arises from over-eating or from taking food difficult of digestion, or from sedentary habits. To cure it, drink water early in the morning until you bring on sickness or diarrhœa, then the disease goes away, unless of old standing; if so, it is a chronic complaint, and must be attacked accordingly by sweatings, baths, and ablutions.

**HYPOCHONDRIA, HYSTERIC.**—This being a disease of the mind as well as of the body, requires pure air, exercise, society, entertainment, change of circumstances, and a thorough alteration in the plan of living. The uncertain appetite of hypochondriacs is remarkable—now they eat much, now little, and this irregularity is one of the aggravating symptoms of the disease. M. Priessnitz advises copious draughts of cold water, that less space may be left for food.

**HOOPING-COUGH.**—The fever of children, as we have before said, is best remedied by the fomentation of the wet sheet. In cases of whooping-cough, this remedy does not so quickly allay the irritation, though it much relieves it. The water given to the child to drink must be tepid, at first, and afterwards must have been at least half an hour from the spring.

**INDIGESTION, CONSTIPATION, AND DISORDERED BOWELS.**—Costiveness is a general complaint, and often goes on till it becomes a disease. Many things cause it: a sedentary life; the habit of stooping at a desk; a hardened liver; weakness or atony of the intestinal canal; and the habit, it must be added, of drinking too little water. Now for the cure. Exercise; drink plentifully of cold water; a wet bandage worn on the abdomen; and two or three clysters every day, one after the other immediately, if it be necessary. The food must be eaten cold, not warm; fruit also must be eaten freely; nothing heavy, or of a greasy nature to be taken. If costiveness has been of long standing—say two or three years—sitz-baths and foot-baths must be used. The douche on the abdomen (hut with care) corrects any weakness in this part.

**INFLAMMATION OF THE ABDOMEN.**—On the instant of the attack, take a sitz-bath of tepid-water, and remain in it more or less time according to the symptoms. When coming out of the bath, apply a cold bandage to the stomach, and let the patient be wrapped in a wet sheet. These must be changed every two hours. Each time the bath is changed the patient must be well washed all over with cold water. Cold water must be drunk copiously.

**INFLAMMATION OF THE BRAIN.**—This is a disease unfortunately too common with infant children, though rare with adults. The treatment only differs from that for inflammation of the chest, inasmuch as the cold fomentations on the head should be frequently renewed, every ten minutes or so. If the disease gets worse, the sitz-bath should be taken with the wet sheet alternately.

**INFLAMMATION OF THE CHEST**—arises from a congestion of the blood to the lungs, and a consequent stoppage of the whole system of the circulation. Sitz, or sitting bath, and rubbing of extremities, with wet bandages on the chest till warm, then go to bed in a wet sheet, with a cold wet bandage on the chest. In cases of obstinate disease, the wet sheet and bandages must be sometimes used again. Every time this is done, be careful to wash the patient with water with the chill off. The patient must also, during the whole treatment, drink cold water, but not



in large quantities. By this process inflammation of the chest is invariably cured in a few days.

**INFLAMMATION OF THE EYES**.—Proceeds generally from catarrh or rheumatism, and requires to be treated as rheumatism or gout. To the rheumatic process, the eye-bath and the douche are added, in cases of ophthalmia and inflammation of the eye, by M. Priessnitz. The water from the douche-bath must be received in the hand, and dashed thence on the eye. Head-baths are essential, as also are fomentations to the eyes.

**LOSS OF SLEEP**.—Moderation at meals, and plenty of exercise in the open air, are the best remedies for this complaint. Washing in cold water when going to bed, is more efficacious than the baths. In children, sleeplessness is cured by wrapping them in the wet sheet.

**MENSTRUATION, IRREGULARITY OF**.—Gentle sweatings, general cold ablutions, sitz-baths and foot-baths, with plenty of exercise and draughts of cold water, soon cure this complaint.

**MERCURIAL DISEASES**.—Drink plentifully of cold water, bathe often, and use the sweating process. This treatment will prove effectual.

**NAUSEA AND SICKNESS**.—Avoid luxurious living, drunkenness, bad habit, irregular diet. To cure it, sweeten the body by drinking plentifully of cold water, and take a course of sweating and half-baths.

**NERVOUS WEAKNESS**.—It is well known that medicine avails but little in this complaint, but by the cold water treatment, it is cured with certainty and quickness. Dr. Mundé instances the following cases:—"A lieutenant had his nerves in so great a state of irritation, that the least noise, the barking of a dog, the firing off a pistol, would cause such a headache that he would faint. To relieve this, he had accustomed himself to warm foot-baths. Tired of suffering, he went to Gräfenberg, perspired a little, took every day two cold baths, besides head-baths and sitz-baths, as revulsive measures. This treatment was limited to three weeks, after which he continued his journey. He intended following up the cure at home: Priessnitz approved of his resolution, and advised him to walk a great deal; to ascend the hills, to ride often on horseback, in order to fortify himself also to be enabled to bear fatigue." "Another invalid came to Gräfenberg with trembling in the upper part of the body, brought on by the excessive use of spirituous liquors. He returned home, radically cured, after two months' treatment; the change from wine to water was not followed by any accident."

**PAIN IN THE CHEST**.—Rub the part well with a wet hand, and wear a large wet bandage from the stomach to the neck, at night. If rheumatic, go through the whole process of the cold-water cure.

**PILES**.—It is well known that this disease arises from the vessels which moisten the lower intestine being overcharged with blood. They are closed or open, which means that they either let out blood, or are dry and confined to the swelling of the veins. There is also a third sort, which discharges slimy humours. This is not a local disease. It is the visible part of a diseased state of the whole system, which is expressed by a congestion of blood to the vessels of the abdomen. Its cure requires the most strict regimen, particularly abstinence from spices, spirituous liquors, and indigestible food. The treatment at Gräfenberg, eminently cleansing and strengthening, is a radical cure for them.

When the disease is taken at its commencement, it will give way to an easy regimen, the drinking of a great deal of cold water, fomentations on the abdomen, short sitz-baths, and a moderate sudorific process. But if the piles are already formed and recurring, the treatment must be more severe, and of longer duration. Frequent sitz-baths, entire-baths, and the douche, end by curing them. The sudorific process is indispensable

to expel the prejudicial humours, which are at once the cause and effect of the disease. The use of cold water externally, without the rest of the process, would probably, by leaving the vitiated juices in the system, transform the disease into another still more serious. "At Gräfenberg," says Dr. Mundé, "I have seen blind piles open and disappear by degrees, leaving the body in a perfectly healthy state. I appeal to those troubled with piles, of what use are medicinal remedies? A little relief, and never a cure. Doctors themselves are forced to admit this. Several of them, aware of what is going on at Gräfenberg, recommend, and use themselves, the cold water cure for this disease."

**PLEURISY, STITCH IN THE SIDE.**—Foot-baths and fomentation on the part affected will be sure to cure.

**QUINSY, INFLAMED SORE THROAT.**—Priessnitz orders bandages dipped in cold water round the throat, gargles of cold water and frequent sweatings. If strong feverish symptoms appear, place the patient in a wet sheet.

**RHEUMATISM**—should be treated as the gont, viz., much perspiration, and the douche and bandage on the parts affected.

**SCIATICA.**—This is hip-gout, or gout in the extremities. The sitz-baths are very efficacious in removing the pains: sometimes pain is created, but it only betokens a movement of the arthritic humours, and by applying the douche bath they will be driven into the feet, where it will be drawn away by the foot baths. Care must be taken that the limbs be well rubbed, wet bandages continually applied, wrapped over with a blanket, and well rubbed outside to promote perspiration. If pain be felt in the head apply wet bandages, and take foot and sitz-baths daily.

**SCROFULAR RICKETS.**—If the limbs are distorted, the water treatment will not restore them. The douche-bath is principally used in scrofular cases and rickets, and the sweating process is also very strongly applied. The cold water to be used twice each day, and friction applied to the joints and glands (if swollen); bandages, also, are to be constantly employed. Gargling of the glands of the throat and the nose to be also largely used.

**SMALL-POX, MEASLES, SCARLATINA.**—It is in the fever attending these diseases, where there is any danger. As soon as it comes on, wrap the patient in a wet sheet, and let him continue in it day and night. If the fever is violent, another wet sheet must be put on when the first is warm. When perspiration comes on, the patient to be washed in water of 60° Fahrenheit. This treatment will effectually moderate the fever, and the heat which accompanies it. It is the violence of the fever which closes the pores, and the application of the wet sheet moderates the fever, opens the pores, and facilitates the eruption.

**SORE EYES.**—Place the back part of the head in cold water three times a-day, ten minutes each time; then use an eye-bath for five minutes twice a-day. After the eyes are closed in the water for about a minute, they should be opened for the other four minutes. At night a heating bandage should be placed at the back of the neck. This and the head-bath have the effect of drawing all inflammation from the front. In most cases foot-baths twice a-day are highly beneficial.

**SORE THROAT, STIFF NECK, COMMON COUGH.**—Rub the throat and chest well by the hand dipped in cold water, several times a day, gargle the throat often with cold water, and wear a heating bandage round the neck, and on the chest at night.

**SPITTING OF BLOOD FROM THE STOMACH, SICKNESS.**—This frequently occurs to those who suffer from piles, and nature sometimes acts to repress congestion in this way, instead of by the piles. Sitz-baths

to be taken, and cold bandages worn at night on the chest; avoid all irritation of mind and body; drink plentifully of cold water. Bleeding from the lungs, the effect of pulmonary consumption, is not curable by cold water. Of course, this treatment will be useless if not followed out by great sobriety, and an abstinence from all heating drinks.

**SPRAINS.**—For sprains, or if a nail runs into the foot, use the foot-bath, not cold, but tepid, three times a day, for half an hour. Rub the sprain well; wear a cold bandage on it day and night. In sprains of the wrist, or wounds in the hand, use an elbow-bath, and bandage the arm as high as the shoulder. Remember that the bandage should invariably extend beyond the part injured.

**STIFF JOINTS.**—The bath must be used for the diseased parts during two hours, and the douche twice a day. Frequent friction also to be applied. If the complaint be of long standing, the sweating process must also be used. When the crisis of the disease arrives, which generally shows itself in boils or abscesses on the parts affected, the douche should be omitted, and not used again until they have healed. The body must be covered and protected from the water, so that the diseased part only be splashed by the water.

**STOMACH, DEBILITY OF THE**—(See Digestion, Weakness of.)

**SYPHILIS.**—There is no disease that is so well cured by water as this. M. Priesnitz, by the sweating process, makes a certain, speedy, and safe cure of all cases of syphilis. In these cases we warn the public against getting *cured* (?) by a certain class of persons, who, under the pretence of curing, only dry up the syphilitic poison by means of mercury, which ever after remains concealed in the system, undermining the constitution, and destroying the bones by caries. How terrible are the consequences when the poisonous virus is carried through the blood of their children from generation to generation, manifesting itself in ulcers, abscesses, scrofula, rickets, cancers, and every other loathsome form of disease. Shun the "certain disease!" men, young men of Britain, and adopt the only safe mode of radically curing the body of disease. Cold water cannot harm you. Cleanliness is the first course of treatment to remove the virus, baths to relieve the pains and inflammation, sweating to sweeten the blood, and drinking largely of cold water to dissolve crudities and penetrate the entire system. Whatever be the nature or symptoms of the disease—gonorrhœa, ulcers, chancres, buboes, &c.—the cold water treatment practised at Gräfeuburg is the same; viz. sweating, bathing, douching, bandages, and cold water. In cases of gonorrhœa with a discharge, a cold bandage is kept round the part affected, and cold water injected frequently each day. The sitz-bath for an hour or two twice a day, and great attention to diet, soon effect a cure; all nourishment taken must be cold.

**THE GRIPES, CATARRH, AND COLD IN THE HEAD.**—Perspire in a wet sheet, and wash the body with milk-warm water to assist perspiration. Cold water must be drank plentifully in bed. For inward and external pains, the sitz-bath not quite cold, twice a day for an hour each time; friction must be applied to the abdomen all the time; cold clysters once or twice a day, and a heating bandage round the waist complete the cure.

**THE WHITES.**—Sitz-baths alone will sometimes cure this complaint; but in general the cold bath and cold water ablutions are necessary. Exercise is highly important to the restoration of the functions to a healthy state.

**TIC DOLOREUX.**—This is in itself a species of gout. The douche must not be applied to the head for gouty pains, in which wet bandages, particularly on the temples, are sufficient; foot and sitz-baths being also



taken to bring the humours down to the extremities; but in *Tic Doloureux* the treatment must be somewhat different; and here, we think, we cannot do better than extract what is said on the subject of this complaint, by R. T. Claridge, Esq., who was himself a patient of M. Priessnitz, at Gräfenberg. "The first thing" says Mr. Claridge, "is to water the whole of the body with cold water; if these are insufficient, a sitz-bath should be taken for two hours, a great deal of water drank, and from the sitz-bath immediately to the foot-bath. This treatment is often sufficient to put an end to the paroxysm; if, however, it does not cease, place a cold wet bandage round the head, and take exercise in a place where the temperature is cold. The pain got rid of, the patient should keep quiet for some days, and abstain from perspiration; during the days of relaxation, a sitz-bath must be taken one day, and a foot-bath the next, and wet bandages frequently renewed to the afflicted parts, not forgetting to drink plentifully of cold water. It is necessary to take exercise in the open air after each bath. This is the way in which I treated the dreadful nervous *Tic Doloureux*, which had almost reduced me to despair, and at last triumphed. I must confess that I made a firm resolution to execute all the requisite operations during the advancement of the disease. But what is not a man capable of undergoing who wishes to live?"

And here we think we cannot do better than give the whole account of the treatment of his own case, as given by Mr. Claridge himself.

"Some years ago, a friend of mine at Gratz in Syria, who had received in his own person a most miraculous proof of the efficacy of the treatment at Gräfenberg, strenuously recommended me to go there; but as almost every one is prodigal of advice, and as one every day hears of some vaunted panacea, it made no more than a momentary impression upon me, and was therefore disregarded. My attention was first seriously drawn to the subject, by a distinguished officer of marines at Venice, who was some years ago so reduced by fever in the East, as to be unable to continue the service in which he was then engaged. M. Priessnitz, whom he met at Vienna, advised him to drink bountifully of cold spring water, and to use it constantly in external ablutions. From that time to the present, he has seldom failed to drink from ten to fourteen glasses of water a day, and bathing in the Adriatic winter and summer; during which period he was unconscious of pain and became strong and robust. Seeing me attacked by rheumatism and head-ache, to both of which complaints I have been subject for the greater part of my life, my friend strongly advised me, in the winter of 1840, to follow his example.

"On arriving at Rome, after being confined to my bed and room at Florence for nearly two months, I endeavoured to induce a friend, who was extremely ill, to accompany me to Gräfenberg; this he would not consent to, without first speaking to his medical adviser, who was a German. Much to the credit of this liberal man, he answered my friend's inquiry by saying, 'You are too much reduced for so long a journey at present; or I should advise you to undertake it; for I have been myself at Gräfenberg, and have seen Priessnitz undertake cures, from which any medical man would have shrunk. I fancy he is so completely ignorant of human anatomy, that if asked where the liver was situated, he would be at a loss to say; but that he can cure the liver complaint, there is not the least doubt. Whilst there,' he went on to say, 'I witnessed cures of such an extraordinary nature as to lead me to believe that Priessnitz must be acting under divine inspiration.' Failing to persuade my friend to go, I nevertheless prevailed upon two of my countrymen to precede me to Gräfenberg.

"On arriving at the establishment at Gräfenberg, and finding all the

rooms engaged, I was compelled to descend to the town of Freiwaldau, at the bottom of the mountain, where strangers are sure of finding accommodation. The arrival of an English carriage and family, probably for the first time, was too important an event not to be immediately known to every body. Consequently, early the following morning, our countrymen, whom I had persuaded to go; one, a medical man, who had been there two months, the other one month, called upon me to invite my family up to the establishment that day to dinner. These gentlemen, on our meeting, declared that they owed me an eternal debt of gratitude, for having directed their attention to Gräfenberg, adding, 'when we came here we were encased in flannel, to which we have said adieu for ever: our appetites are excellent; and above all, we sleep well, and exercise never tires us. We have now acquired a buoyancy of spirits quite incredible: had any one told us three months ago it was possible to attain it, we should have treated the idea as chimerical.' They then expressed an opinion that it was flannel, abstaining from drinking water, and ignorance of its value in ablutions, and not the damps of England, that caused so many to seek health in other climes, to the evident disadvantage of our own country.

"At dinner there were between 200 and 300 persons, of all ages and ranks in society, who, with perhaps half a dozen exceptions, were invalids, a circumstance which no one unacquainted with the fact would have suspected; for I could not help remarking the happy, healthy looking countenances of all around, and the merry laugh and mirth which burst from every part of the large saloon. On expressing my surprise to the English doctor, he said, 'You will find difficulty, no doubt, in believing that there are, to my knowledge, forty or fifty persons here, who, but for Priessnitz, would have been consigned to their tombs, and not have been living here to-day to tell their tales; and that there are, perhaps, twice as many more who, under any other treatment, would have been confined to their beds. On looking at these people, you must bear in mind that they are not on a par with the casual occupants of an hospital; for the majority of them have come here after having consulted all the celebrated doctors within their reach, and tried the mineral waters in Germany in vain; that they are people who only abandoned their medical advisers when it became too apparent that they could receive no assistance from them, or when they could no longer be induced to follow their prescriptions; therefore, the majority of these cases may be considered more advanced and confirmed than the common run of an hospital; that disease is too firmly rooted in their systems to be relieved by the ordinary practice of the faculty, most of them being considered incurable.' The doctor added, 'if any thing could be adduced to show that invalids can live, digest, and become strong without the aid of drugs, it would be the fact, that amongst the large number of people, both here and at Freiwaldau, some of whom have been many months under the treatment, not a grain of medicine has been taken by any one of them since their arrival. Notwithstanding they eat with appetites that, but for the dissolving power of water, would cause them to die of indigestion. As there is no wine, mustard, or pepper on the table, people think no more of such things, than if they were not.'

"One can easily imagine much gaiety and cheerfulness to exist at the public tables of the different Spas, or at other watering places, as they are devoted to recreation and amusement; but in an hospital, where almost every disease known in Europe is to be found, the existence of such gaiety appears incomprehensible except to those who have been some time at Gräfenberg, and have witnessed the soothing power of water in the alleviation of pain, and the buoyancy of spirits which it promotes, by regulating the digestive powers.

“‘Look at your neighbour, to the right,’ said the doctor; ‘he came here twelve months ago on crutches, having previously been a year in bed. His disease, the gout, being an old hereditary complaint, he is not yet cured; but one thing he will tell you, that though in pain when he first came, it soon ceased, and he has never been confined to his room an hour since, nor did he ever enjoy finer health. Then look at that young lady opposite. From childhood, she had scrofula in her face and neck to such an extent, that she was an object of pity to all who saw her; she has been here nine months; and is now so completely recovered, that she is considered the beauty of the room. That officer near her is suffering from a wound in his leg. At first it withered away until it became no larger than a man’s wrist; the surgeons said, nothing but amputation remained. Upon which he came here, and now his limb has resumed its flesh and will shortly be perfectly restored. Yonder female walking with a stick, was brought here six weeks ago in wet sheets. She has been confined to her bed and room, until she lost the use of her limbs, and so became a perfect skeleton; she now walks tolerable well with a stick, and in a fortnight, it is expected, she will do without it.’

“He then pointed out a child, who had lost the use of his legs from scrofula, but now perfectly recovered. Another person was tormented for years with *tie doloreux*, who after remaining here a few months, became perfectly cured. There is an officer now recovered from hernia, and there several others from rheumatism. ‘That gentleman,’ said he, ‘is a field-marshal in the Prussian service; eighty-seven years old: he came here on crutches, with the gout, two months ago. He is delighted with the treatment, and now walks about these mountains, with the use only of a stick. He intends staying here through the winter. That lady from Moscow has a child only three years old, distorted by a spinal complaint; four months ago, the poor infant could not stand erect, now it plays about, and is as happy as the other children: in six months’ time, it will be perfectly cured.’ In fact, such a number of singular and extraordinary cases were pointed out to me by my friend, whose knowledge of the facts and veracity could be depended upon, that I no longer doubted the astounding accounts I had so frequently heard of the cures effected at Gräfenberg. The saloon was noble and spacious; but as to the dinner and attendance, I thought nothing could be worse; and no barrack in England could be more divested of what is understood by the term comfort (a word not yet introduced into the German language) as regarded the sleeping apartments. I now debated with myself the possibility of all these people being fanatics—fanatics they certainly were in one sense of the word; but were they deceived? No, no,—this could not be; because here were men of all nations, creeds, and professions, of variously constructed minds, and amongst them, several of the medical profession, who had come here to be cured themselves, and to learn the mode of cure. Nothing but the real merit of the system could induce people to suffer the privations to which they were here subjected; and the certainty of their disease being cured, and their constitutions radically restored; this alone induced them to submit to such privations. Having at last made up my mind to become one of Priessnitz patients, I was prepared for his coming in the morning.

“The first thing he did was to request me to strip and go into the large cold bath, where I remained two or three minutes. On coming out, he gave me instructions, which I pursued as follows:—

“At four o’clock in the morning, my servant folded me in a large blanket, over which he placed as many things as I could conveniently bear; so that no external air could penetrate. After perspiration commenced,



it was allowed to continue for an hour; he then brought a pair of straw shoes, wound the blanket close about my body, and in this state of perspiration I descended to a large cold bath in which I remained three minutes; then dressed and walked until breakfast, which was composed of milk, bread, butter, and strawberries (the wild strawberry in this country grows in abundance, from the latter end of May until late in October); at ten o'clock I proceeded to the douche, under which I remained four minutes, returned home and took a sitz and foot-bath, each for fifteen minutes; dined at one o'clock; at four proceeded again to the douche; at seven repeated the sitz and foot-baths; retired to bed at half past nine, previously having my feet and legs bound up in cold wet bandages. I continued this treatment for three months, and during that time walked about 1000 miles. Whilst thus subjected to the treatment, I enjoyed more robust health than I had ever done before; the only visible effect that I experienced, was an eruption on both my legs, but which, on account of the bandages, produced no pain. It is to these bandages, the perspirations, and the baths, that I am indebted for the total departure of my rheumatism.

"Whilst thus near Priessnitz, and when consequently I had no fear of the result, by way of experiment, I determined, one thorough wet day, not to change my clothes, which were completely saturated, and in this state I sat until they were completely dry: the consequence was, that in the night I awoke with a distracting head-ache, parched tongue, a slight sore throat, and the next morning felt no appetite, but a general languor of body. By the following detail of this case, the reader will judge how easily a cold of this nature is generally cured by Hydropathy. I laid in the kotz, or blanket, went into the cold bath as usual, and in the afternoon was enveloped in a wet sheet for an hour, until perspiration commenced, then sat in the half-bath (not quite cold), and was rubbed all over by two men for twenty minutes; walked out as usual; at night, on going to bed, wore the bandages, or nmschlags, on my breast and back of the neck; next day repeated the same, and the third day was perfectly recovered.

"My family have all proved the beneficial effects of M. Priessnitz's treatment. The night before our departure, the patients gave their annual ball, in the great room of the establishment, in commemoration of M. Priessnitz's birthday. The whole of the buildings belonging to him were illuminated, both inside and out, at their expense. In this assembly, consisting of about 500 persons, no stranger would have believed, had he been unacquainted with the fact, that its members were chiefly composed of invalids. Tears were frequently observed to steal from the eyes of many who blessed the great man for their restoration to health; and I do not know a more touching scene than seeing invalids, who by his means, had regained the use of their limbs, approach him, throw their crutches at his feet, and join in the maze of the waltz. Monarchs might have envied him his feelings on such occasions.

"On the day of our departure we had been at Gräfenberg three months, during which time our health was perfectly established; we acquired the habit of living more moderately, of taking more exercise, of drinking more water, and of using it more freely in external ablutions than we were accustomed to; and I may add, that we have learned how to allay pain, how to ward off disease, and, I hope, how to preserve health. My sojourn at Gräfenberg will ever be matter of self-congratulation to me, and will be amongst my happiest recollections. If I am instrumental in relieving the sufferings of my countrymen; if I succeed in bringing to their notice a system calculated to be of such essential benefit to them; if I can prevail upon them to participate in the happy effects of the treatment which I

have myself experienced, my feelings of satisfaction, arising from my residence at Gräefenberg, will be heightened in no ordinary degree."

**TOOTHACH.**—There is nothing more simple, and at the same time more efficacious than the cold water treatment for this painful complaint. Take two basins filled with water; one tepid, the other cold. Fill the mouth with the tepid water, and hold it there until warm; then change it. During this the hands should be dipped constantly in the basin of cold water, and with them violently rub the whole of the face, cheeks, and behind the ears. This operation should be continued until the pain ceases. It is also good to rub the gums even until they bleed. Mr. Claridge says, he never saw toothach resist this treatment at Gräefenberg. Sometimes it is necessary to add cold foot-baths.

**ULCERS.**—These require no other treatment than the bandages and the sweating process. The more ancient the disease, the more necessity there is for perspiration. Ulcers heal of themselves when the mass of blood is purged of heterogeneous humours. We must not be surprised at seeing them enlarge under the influence of the bandages; if, however, this aggravation proceeds too far, the bandages must be dry, and the wounds must be bathed afterwards in lukewarm water.

**UTERINE HEMORRHAGE.**—Apply cold water to the abdomen, and if not sufficient, inject cold water into the matrix; to these means must be added an abundant drinking of cold water.

**WEAKNESS AND PAIN IN THE EYES.**—Bathe the back of the head well, apply a wet bandage over the eyes, to be worn by night and day. The eye-baths and foot-baths may be used.

**WORM AND RINGWORM.**—These foul diseases yield more quickly to cold water than to medicines. Sweating in a wet sheet is the invariable process: but ringworm is frequently more difficult to cure than itch; more time is necessary, and much more cold water vigorously applied. In ringworm, also, the douche must be frequently used to bring the morbid humours to the surface. Ringworm is most difficult to cure when driven in by bad treatment. The disease is altogether of a most obstinate nature, and not easily eradicated, re-appearing frequently upon the skin after disappearing, apparently under the effects of the douche: a strict attention to diet is absolutely necessary. Mr. Claridge, in his work, quotes (from Dr. Mundé's account) the following cases of ringworm at Gräefenberg:—"Three men, attacked with this disease, arrived at Gräefenberg at the same time as myself; the first of these, after several years' trial of the principal mineral waters recommended in this disease, which he had employed without success. Having followed the treatment with energy for two months, he returned home resolved to continue the treatment mildly through all the winter; after which, he was to come again to Gräefenberg, to finish the cure. At the time of his departure, he was more than half cured. The two others remained at Gräefenberg, one for eight months, the other six, both leaving it radically cured. The treatment of one of these was attended by an acidity rising in the throat, and by the vomiting of matter containing chalky substances. The acidity of the throat was such, that it caused the tongue to be ulcerated. Both, after following the treatment for some weeks, saw their ringworms re-appear with greater malignity and more abundant suppuration, attended by the formation of a great number of boils. Following these two cures with great attention, I was not surprised that Priessnitz insisted upon the use of the strong douches, which he directed to be applied to the hips of one of these invalids; he wished a ringworm to appear that had been there formerly. After a time, it again showed itself, spreading as far as the knee,

and looking very bad. It is but a few days since I received letters informing me that both the ringworms were radically cured."

**WOUNDS.**—Keep the wounded part in tepid water until it ceases; then put on a heating bandage. When this becomes warm, put another larger one over it, so that it may extend beyond the part afflicted. If the foot is wounded, let it remain in the water for an hour twice a day, to draw out the inflammation; then apply the bandage night and day, but extend it far beyond the wounded part.

### CASES OF CURES BY THE COLD WATER TREATMENT.

The reader will be much interested to learn that the Cold Water Cure at Gräfenberg has been eminently successful in removing diseases of the most inveterate character, and many of which were deemed incurable, from thousands of individuals, of different nations, and of all ranks in life. In the year 1841, there were under the treatment at Gräfenberg and Friewaldau, an arch duchess, ten princes and princesses, at least 100 counts and barons, military men of all grades, several medical men, professors, advocates, &c. in all about 500. The following list will show the progress of the establishment up to the present time:—

1829 .....	45	1834 .....	256	1839 .....	1,400
1830 .....	54	1835 .....	342	1840 .....	1,576
1831 .....	62	1836 .....	469	1841 ... say	1,400
1832 .....	118	1837 .....	570		
1833 .....	206	1838 .....	800		7,298

In consequence of similar establishments having sprung up in Russia, Poland, Hungary, Moldavia, Wallachia, and in most of the states of Germany, it was expected that the numbers for the year 1841, would not be equal to the preceding year; up to September, there had been about 1,150. The patients for 1840 were composed of persons from the following places

Austria .....	367	England .....	2	Hanover .....	4
Galicia .....	93	Mecklenburg .....	13	Switzerland .....	6
Poland .....	128	Sweden .....	7	Cracovie .....	25
Hungary .....	137	Russia .....	94	Denmark .....	12
Prussia .....	527	France .....	15	Brunswick .....	5
Saxony .....	21	Belgium .....	7	America .....	12
Bavaria .....	13	Italy .....	3	Other Countries ...	12
Wurttemberg.....	15	Hamburg .....	39		
Duchy of Baden....	3	Moldavia & Wallachia.	27		
				In all	1,576

We shall now adduce some instances of cures which show at once M. Priessnitz's talent in discovering disease, without either feeling the pulse or looking at the tongue, or, in fact, resorting to any of the means employed by medical men, as well as the triumphant success which has crowned the Hydropathic treatment:—

**BLINDNESS.**—A Hungarian Nobleman of strong frame, was nevertheless of general bad health, and his eyes were so badly afflicted, that though on looking at them, there seemed to be nothing the matter; yet so grievous was the affliction, that there were but slight hopes of saving them. When he came to Gräfenberg, a friend of his pointed him out to M. Priessnitz and commenced telling him of his various complaints, amongst others, about his eyes, when turning about and gazing on the baron, who was standing at about four yards' distance, M. Priessnitz said, "One eye has already gone, the other can be cured." The treatment of the case went on, and shortly the baron was perfectly blind. He lost all hope, and said to M. Priessnitz, who visited him in his chamber, "Alas! for me the world has lost all its charms, I shall never again gaze on the sweet face of na-



ture!" "No, baron, not so; be comforted:" said M. Priessnitz. "You will see in two days with the other eye. Your sight will grow gradually stronger, and soon that one eye will be better to you than my two to me." Just so it happened; and the baron, restored to sight and health, hunts, rides, and shoots with the best.

**CONSUMPTIVE TENDENCY.**—A lady and her daughter, on arriving at Gräfenberg, informed M. Priessnitz that the doctors had declared the young lady to be in a consumption. He immediately desired the young lady to run a little way up the hill; when she came down to him, he told her, "There is no consumption, but the system is much that way inclined." The cold-water treatment was then applied. The young lady improved in health quickly, soon grew stout and robust, and in a few months went home completely cured.

**DEAFNESS.**—A Colonel, seventy years of age, went to Gräfenberg, hoping that a miracle might be worked even then to cure an inveterate deafness of thirty years' duration. He had several other little ailments incident to old age, good living, and the customary inattention to general health, which the usual treatment of M. Priessnitz soon remedied, and the old colonel was delighted at the new vigour and buoyant spirits which were restored to him. One day sitting in the woods, he thought he could hear the leaves rustle and the birds sing, starting up with great joy, he hastened to M. Priessnitz and told him he had got back his hearing. M. Priessnitz smiled, and told him, "Nothing is impossible to nature, diet, and cold water; but do not be too sanguine, colonel, your hearing will not last long at present:" and this the colonel found was true; for, to his great vexation, next day he was as deaf as ever. On another day, however, he caught the sensation of hearing the knives and forks clattering and the buzz of general conversation, so loud as to be unendurable; upon this, he again congratulated himself as restored to hearing. M. Priessnitz, however, again assured him of the contrary, which to his infinite mortification, the veteran found to be again correct. M. Priessnitz wished him to stay three months longer; but the colonel being compelled to return to his post, did so; and adopting the Gräfenberg treatment at his own house, was restored to the full enjoyment of the sense of hearing, at the time specified by M. Priessnitz.

**GOUT.**—The sister of a friend of Professor Mündé's had been afflicted for a long time with pains in the foot and leg. She had sought relief in many remedies, and had tried the baths at Toplitz, without effect, and the disease was rather increased by them to such an extent that she could not walk. She had heard of the cold-water cure, and once when a paroxysm came on, she thought a foot-bath might relieve her, and determined to try it; from the very first she took she was able to walk, and in a few days was quite relieved of her complaint.

A Clergyman came to Gräfenberg whose gout in the feet and hands was so bad as to prevent his using them. After fifteen days' treatment at Gräfenberg, boils began to shew themselves, a sure sign that the disease was being cured. He was obliged to return home by imperative business, even at the time of the crisis; but having the good sense to continue the treatment at his own house, he was not only completely cured of the gout but also of an asthma which he had for a long time been labouring under.

A gentleman, high in station, had been for six years a martyr to the gout, which, after flying about his body, finished by settling in the feet, which were dreadfully inflamed and red to an excess. The doctors ordered him foot-baths in warm water with a hot fomentation of plants, which increased the pain to an alarming extent, that in despair the patient sought

for relief in cold water, and found it instantly in a certain degree. On this, he repeated the cold water foot-baths, and began to think there might be something in the cold-water treatment. Little more need be said: he was soon at Gräfenberg, where, from his age, 65, he was treated rather carefully, being placed in the wet sheet only and not taking the douche. In other respects he was treated in the usual manner, and at the end of two months a radical cure was effected.

**GOUT IN THE HANDS AND FEET.**—A gentleman of sixty years of age, who for several years had been obliged to keep his bed, after six months' stay at Gräfenberg found himself so much better that he returned home, and now treats himself hydropathically at home. For two years he has never been obliged to remain in doors, and finds that his hands and feet are getting back to their original size and shape. This was so bad a case that it may be truly said no victim to the gout was ever a greater martyr than this individual, who now blesses M. Priessnitz and the cold water cure for his restoration to the enjoyment of an existence otherwise almost insupportable.

**INFLUENZA.**—A lady for some time had been so seriously afflicted with pain in the gums, that she could not sleep, and whenever she took cold was confined with pains in the chest. On first commencing under the treatment she got very feverish and weak, and the lower part of her face broke out into a boil. Her friends remonstrated with her husband on the danger of allowing her to continue under the treatment, assuring him that her chest was affected. Urged by their fears, this gentleman called the attention of M. Priessnitz to them, and seriously requested him to give them due consideration. "Oh," replied M. Priessnitz, instantly, "such fears are groundless; but to ease your mind, I will go and see her." Forthwith he went; and, after a few minutes' conversation, pronounced without feeling her pulse or asking any questions, her chest quite unaffected; but said she had some complaint settled between the chest and the throat, which, and the pains with it, would be carried off through the boil on the face. The recollection occurred to the lady's friends immediately that she had been long ill with influenza, which corroborated what was said by M. Priessnitz. She soon grew stouter, and her health was restored.

**LOSS OF THE USE OF LIMBS.**—From a dreadful cold, a poor man had lost the use of his limbs. After four weeks at Gräfenberg, his strength was in a great measure restored; and after six weeks, he was walking about and enjoying exercise like the other patients.

A Polish lady of rank had lost the use of her feet and hands through gout and a variety of disorders. Her complaint was so extremely bad, that M. Priessnitz at first declined receiving her at his establishment; but as she obstinately declared she would not go home, but would stop and die at the nearest village to Gräfenberg, he was at last obliged to yield, saying he would try what he could do for her case. After the usual treatment for six weeks, he continually inquired if she did not feel pains in the back. At first there were no pains; but in the course of another week they came on strongly, and a large boil broke out in the back. This broke, and she, who had not been able to hold a pen or move a hand for eight years, was now able to write a long letter to her husband, and gradually recovered.

**RHEUMATISM.**—A German Prince lost the use of all his limbs through rheumatism. After two months' treatment at Gräfenberg, his pains disappeared, his complaint left him, nor has it ever shown itself since.

The parents of a little girl, aged seven years, finding that from the time she was one year old she had suffered from pains in the chest, which no medical treatment could alleviate, determined at last to bring her to

Gräefenberg. M. Priessnitz at once declared the complaint to be rheumatism, and undertook to cure it. He wrapped the child in a wet sheet (renewed often during the day,) and washed her each time it was changed in tepid water. This treatment soon brought on the usual fever, which is in itself a portion of the curative process. The parents began to be alarmed at its continuance; and remembering that they had been told by their physician to take her away from Gräefenberg if the treatment there increased the disease, resolved to take her home on the instant. To do this, however, they had to send for a carriage, which occupied the day. In this time the crisis ended; and when the parents came back they found their child playing in the fields! Of course they persevered in the treatment, and the little patient's health was soon perfectly restored.

A clergyman returning from a christening, where he had indulged in a good dinner, caught cold on an overcharged stomach. This brought on rheumatic pains which no doctors could cure, and he was obliged to bear them without alleviation for one whole year. At last, his patience being exhausted, he went to Gräefenberg, where drinking cold water, perspiring and bathing, for three weeks, threw out an eruption all over his body, and eased him of his pain. The eruption and an asthmatic affection of the breathing were soon cured by a continuance of the treatment.

SCIATICA.—A doctor, whose left leg had been afflicted for five years, came to Gräefenberg. After three months, boils broke out all over his legs, and laid him up in the house. After some time the boils discharged and healed, and then the doctor walked away cured.

TYPHUS.—A Colonel's daughter who had visited all the doctors and mineral spas of Germany in a fruitless search of health, came at last to Gräefenberg; the crisis of her disorder came on in due course, which from its terrible appearance so alarmed her mother, that with long watching and anxiety, she fell into a low typhus fever. Mother and daughter were now put both under the same treatment at the same time, and both recovered better health than they had ever enjoyed before in their whole lives.

Professor Mundé describes the following cases of cure as coming under his own personal observation:—

CHOLERA.—“The inspector of a large village belonging to the Crown arrived at Gräefenberg; he had been ill for six weeks, but being of a robust constitution, he had during that time resisted all symptoms of cholera excepting sickness. He was much astonished at being ordered to drink milk, and eat bread and butter, which he did at Priessnitz's, as he placed entire reliance on him. After this repast he returned to his room, where he found a sitz-bath at the temperature of about 55° Fahrenheit, already awaiting him. He was still more astonished, when, after some minutes, a discharge of wind greatly relieved the pains of the stomach. On leaving the baths he went to bed, prior to which a heating bandage was placed on the stomach, and he slept until the following day. This was the first time of sleeping since the commencement of the disease. He was completely cured, and returned home quite well. To dissipate all doubts which might be raised on the nature of this disease, I shall add the recital of the invalid on his arrival at Gräefenberg. ‘The cholera,’ said he, ‘ravaged the village which I inhabited. The inhabitants were terrified, and refused to assist the sick; they had also suspended all labour, expecting to die. Thinking it was my duty to set them an example, I visited all the sick, and those who were timid, to give them courage. This conduct produced the effect I had expected, but it gave me the cholera, for which I was immediately treated by a doctor of the village, but without finding any relief; from thence I went to Vienna, without any better success. Gräefenberg was my last resource; I went, and there regained my health.’



It is not advisable to bathe the whole body of the patient with cold water: strong constitutions could bear it, but it is to be feared that re-action would not follow in weak persons; if so, death would be inevitable. Fever is, as I have already said, the only danger to be feared in these diseases. It is its violence which closes the pores and prevents the breaking out of the eruptive matter. The way to moderate it, and facilitate the eruption, is as already described, the efficacy of which is daily proved by experience."

CANCER.—"One remarkable case which I witnessed at Gräefenberg was that of an invalid who had formerly suffered from a chancre in the mouth, which was cured, but the disease not eradicated. Some years after, an abscess formed on the left instep. After nine months of medical treatment, the doctors found that they could not prevent the disease entering the bone. It at length became so serious, that no other resource was left but amputation. This the invalid refused to submit to, saying he would go to Gräefenberg. The doctors endeavoured to dissuade him, but he persisted in his resolution, which, however, he only carried into execution after remaining nine months in the hospital, where he became a skeleton, and so weak that he could not walk a step. Three weeks after his arrival at Gräefenberg, he could walk with the assistance of a stick; the ulcer alluded to cured!! Another appeared on the right foot, which kept the invalid confined to his room six weeks. At length the cure was effected, and the ulcers disappeared altogether. One would scarcely believe that a patient, who was reduced to skin and bone, should, during this treatment, become so stout that his clothes would not fit him, notwithstanding his having perspired for some hours every day: yet such was the fact. There is nothing to fear in the cold-water treatment; for although a quantity of the juices are lost by perspiration, they are more than replaced. By means of the enormous appetite possessed by all the invalids at Graefenberg, they not only gain that which they have lost, but acquire new strength. This is not the case with any other method of perspiration. On the arrival of the invalid last alluded to, Priessnitz praised him for having refused to submit to amputation, which could not have cured him, the cause of his disease being syphilis. This case required altogether nine months to cure. This is certainly a long time; but previous to that, the invalid had passed the same time in an hospital, where, after being tortured by drugs, hot rooms, &c. his misery was rendered complete by the doctors declaring, that nothing remained but amputation."

"A lady had a cancer in the breast; the disease continued to increase, in spite of all the remedies, internal and external, applied; at last amputation was proposed, to which the invalid agreed. On seeing the instruments, she fainted; the operation was postponed till the following day; in the interim, some one spoke of Graefenberg, where she determined to go. After following the treatment at Graefenberg for six weeks, the breast became so much better, that she returned home, where Priessnitz advised her to continue the cure, which was soon crowned with complete success."

FEVER CURE.—"Soon after my arrival there, I was attacked by a strong fever. I first took a foot-bath, then a sitz-bath, wherein I remained for an hour. A friend of mine, seeing the fever augment, and my face get quite red, was frightened, and ran to Priessnitz, who came to see me at nine o'clock at night; he immediately placed me in a wet sheet, which was renewed in half an hour. I remained in it for an hour, during which time I slept, as Priessnitz had predicted, after which I was washed with cold water, and again placed in the wet linen, where I soon began to perspire abundantly, and to feel much relieved: I there slept until three o'clock in the morning, when I was again washed, and replaced in the wet sheet. I

then began to perspire once more, until six o'clock, when, covered with perspiration, I was plunged into a cold-water bath, where I remained but a few moments. I then went out to take a walk, and returned at eight o'clock to the breakfast table, exempt of all fever, heat, or even weakness.

There is a case which did not occur to myself, but of which I was an eyewitness. A merchant was attacked by nervous fever and delirium. The illness began by a sensation of burning in the stomach, which soon caused sickness. He took a sitz-bath, which did him no good. As the headach and sickness augmented, he drank water until he vomited, which relieved him: nevertheless, in an hour (ten o'clock at night), the invalid became worse and lost his senses. In this state he ran all over the house, with a light in his hand. From time to time his reason returned, and he was astonished to find himself thus; but the delirium soon came on again; thus he passed the whole night. It was only at nine o'clock the next morning that Priessnitz, hearing of the event, came to see him; he found him in bed, his eyes staring, his mouth open, his tongue dry and burning, and totally deprived of his senses. Priessnitz immediately ordered a sitz-bath, in which the patient remained for half an hour, and had him rubbed with cold water. After this, the invalid was placed in a wet sheet, which was renewed every ten minutes; in an hour he took another sitz-bath for half an hour, and was again placed in a wet sheet. He soon began to perspire, and gave evident signs of being relieved. These operations were continued until evening, when his reason returned. He slept all night: in the morning he was in a great state of perspiration, but quite free from pain. At eight o'clock in the morning, he asked for something to eat, and received bread and milk; and for dinner he had a soup, made from meat, with barley in it. The remainder of the day was passed quietly; the second and third nights were passed nearly in the same way as the first. On the fourth day he tried to take a cold-bath, but was seized with shooting pains in the head; he therefore took a tepid bath at the temperature of 61° Fahrenheit. This illness began on the 8th of September. On the 14th of the same month, the invalid was out to dinner, at which he partook of everything he found on the table. A few days after this he quitted Gräfenberg, perfectly cured. There had been a similar case at Gräfenberg a few days before my arrival, the termination of which was equally fortunate. I was informed of this by some invalids who had preceded me. Priessnitz says, that this disease, taken in the commencement, is easily and quickly cured; later, it requires more time. Nevertheless, whatever may have been its duration, cold water is always efficacious."

**CURE OF GOUT.**—"The sister of a friend of mine, residing near Toplitz, suffered a long time pains in the foot and leg; she tried many remedies, besides the baths of Toplitz, without the slightest benefit; it even increased the disease to that degree that she could not walk. A violent paroxysm came on, during which she imagined the use of cold water might do her good: the first foot-bath that she took enabled her to walk; encouraged by this success, she renewed it, and was in a few days completely rid of the complaint. I saw her two years after, and heard her say she had not the slightest remains of her disease."

**INFLAMMATION OF THE BRAIN.**—"At Friewaldau, a labourer fell from a height, and having fractured his skull, inflammation of the brain ensued, and the invalid was entirely given up by the doctor of the place. Priessnitz visited him, and the next day he came to his senses, and, after some time, was perfectly cured."

**INFLAMMATION OF THE EYES.**—"A captain thus attacked, felt, after several head-baths which he continued for three-quarters of an hour, a pain-

gent pain in the head, accompanied by swelling of the ears. An abscess was expected in one of these organs, when the pain gave way to a virulent deposit, formed in the cheek; after this, the eyes were re-established.

Another sufferer came to Graefenberg, with an exfoliation in the corner of the eye. To the whole of the treatment Priessnitz added eye baths; after each of which, the invalid was to look fixedly at the light, and immediately re-plunge the eyes into cold water. This man, who was perfectly blind on coming, was, on leaving Graefenberg, able to read with spectacles.

A third patient presented a very remarkable ease of blindness, the result of a cold, caught during hunting, by which he lost his sight. He had been nine months blind, when he arrived at Graefenberg; after each process of perspiration which he submitted to twice a day, the bath and the head-bath, matter mixed with blood came from the eyes. One might say that some pounds exuded from the eyes in the course of three weeks. I did not see the termination of this cure, before leaving Graefenberg; but I can affirm, that the last time I spoke to the invalid, he could distinguish colours, and also objects at certain distances."—I will now mention three cures which, without medicine, and with nothing but cold water, I performed in my own family. The first is a case of measles in an adult; the two others are of scarlatina in my two young children.

MEASLES.—"My servant, 20 years of age, caught the measles. As she refused all remedies, I proposed to her, in order to quiet the fever, which was very strong, that she should be wrapped up in a wet sheet; having agreed to this, she soon began to perspire profusely; this determined me to leave her there for seven or eight hours; she was then washed with water at the temperature of 61° Fahrenheit. This first perspiration was followed by an abundant eruption of red spots, which covered the whole body. I repeated the same process the next day, when the fever completely ceased. The parents having learned how I was healing their daughter, immediately came to take her home, fearing that such a treatment might be attended with dangerous consequences. In twelve days, the invalid came back to her service, assuring me that, whilst at home, she had taken no other remedy than cold water."

SCARLATINA.—"Two of my children, one eight years old, the other five, were attacked with scarlatina, the eldest first. He was wrapped up in a wet sheet, whilst my other children, as yet unattacked, were repeatedly immersed in cold water. In three days, the one five years of age became ill; no doubt because he had previously taken the infection. The others did not take it at all. The second little invalid kept his gaiety and appetite, and was not wrapped up in a wet sheet, but only washed all over, morning and evening. The fever with both was very moderate. All was going on according to my wishes, when my wife became so alarmed as to suspend the treatment for four days. The consequence was, that the fever soon redoubled its intensity, and the children were in such pain that they could not move. It was so violent at the back of the eldest's head, that inflammation of the brain was to be feared. By my wife's desire, who now saw the folly of her fears, I again began my treatment. This time I gave the invalid a sitz-bath, after which he was enveloped in a wet sheet, which I renewed every half-hour. He soon went to sleep: this sleep lasted two hours, and gave proof of the efficacy of my proceedings, and courage to myself to go on with sitz-baths and general fomentations. The regular order of the system being re-established, I replaced the invalid in his dry bed, where he slept for several hours. In two days all danger disappeared. On the tenth day of the disease, a total scaling of the skin came on. The invalid, excepting a little weakness, was perfectly cured. The illness of the



youngest was so simple, that he only required ablutions. He kept his brother company during the whole of his illness. Three weeks after the commencement of this eruption, I took them out walking in cold weather, without the walk being followed by any bad consequences. I however must add, that two days previous to exposing the new, fine, and delicate skin to the fresh air, they were bathed, morning and evening, in cold water."

The following cases of cures, Mr. Claridge, in his work on Hydropathy, states to have come under his own experience while at Gräefenberg:—

**FEVER.**—"One object that interested me very much, was a gentleman, supported by two crutches, and led by a servant. On inquiry, I found he was a medical man, from Sweden; that two days previous to the one when I saw him, he had had a fever; that during the day, M. Priessnitz had applied no less than eighteen wet sheets, and then the bath. In a week I was astonished to see this person going up to Gräefenberg with the use of only a stick; and in ten days more he was as upright, and walked as well, as any body else."

**GENERAL WEAKNESS.**—"At a ball which takes place every week at Gräefenberg, I saw an aged female using two crutches, and supported by a servant. I was informed that this lady, previously to coming to Gräefenberg, had been confined four years, the first two years to her bed, and the last two years, not being able to support an horizontal position, had been supported day and night by pillows. She had only been here three weeks, and was then able to be brought into the ball-room. She made daily progress, and, when I left, was walking out of doors with the use of a stick.

A lady, from general debility, was brought to Gräefenberg in a carriage, built on purpose, so that the sofa might be taken in and out. She told me for ten years she had not had the use of her legs: in two months she was walking about; though to eradicate the cause of her complaint, M. Priessnitz said she must stay twelve months. Not being a medical man, I do not know what disease this lady was labouring under."

#### EXTRACT FROM A SPEECH ON HYDROPATHY, BY B. ROTCH, ESQ. AT BARNET.

Mr. Rotch after describing the success of the Hydropathic treatment at Graefenberg, &c. said, "that his knowledge upon the subject of Hydropathy, was entirely of a practical and experimental character. He had been a martyr to the gout for years, and he need scarcely inform the meeting, that it was a disease accompanied with pains of the severest character; whilst, at the same time, the poor unhappy sufferer met with but little sympathy from others. It so happened, however, that he was visited with a severe attack of his ordinary complaint, a few days before the period when it would be necessary for him to take a journey to Liverpool. Suffering under the most excruciating torment, he sent for his medical adviser, and told him to get him (Mr. Rotch) better before a certain day. The request, he must certainly admit, was an unreasonable one. His surgeon then inquired what was the last appliance, and he informed him, that it was a hot fomentation of poppies. It being very natural that what had cured him before, would cure him again, the same process was resorted to; but it did not succeed. He had then a cold fomentation sent him, marked in legible characters with the significant word—poison—which was applied with the same want of success. He then determined to try the sudorific process and the bath as practised at Graefenberg; but his medical man did all in his power to dissuade him from his object. He pictured before his (Mr. Rotch's) mind the fatal consequences of such a step; but finding all his expostulations were in vain,

he went to Mrs. Rotch (presuming upon the astonishing influence of the ladies) and implored her to interpose in the matter. However, he (Mr. Rotch) was fortunate enough to overcome the scruples of one who was so near and dear to him. He, then, in a state of perfect helplessness, was encased in a blanket in the manner which he had previously described; and he could assure the meeting that the sweating process was a rare warming apparatus. After he had experienced it for some time, he began to feel the pain decrease in his legs, and he said to his attendants that he was sure he could walk. And walk he could most assuredly; for he found after the termination of the period (three hours) assigned to the sudorific process, that he could walk from the bed to the bath with perfect ease. Having bathed, he took a walk of four miles (two miles out, and two miles in;) and was thus enabled by the means of the Hydropathic treatment to attend to his engagement at Liverpool. When he (Mr. Rotch) arrived there, he found a friend of his suffering a severe attack of the disease which he had cured in his own person. He was so helpless as not to be able to move from his couch: and it was very important for him to be able to travel to Bristol next day, as he had received private intelligence that a certain mercantile firm in that city, was about to suspend its payments, which was indebted to him to the amount of £8,000. The speaker recommended to his friend the same treatment which had been so beneficial in his own case, and it was successful. And the gentleman in question experienced so much relief from it, that he was quite able to travel to Bristol, and thus succeeded in saving his £8,000. After having experimented upon himself and his friend with such signal success, he (Mr. Rotch) felt desirous of putting the natural cure still further to the test, being fully aware, that "a single swallow," or even a couple, "did not make a summer." He, therefore, as guardian of the Hendon Union desired the medical officer to select him a patient. And the medical officer did to be sure select him a case. A case which was thought would set the Hydropathic process or the Cold Water cure at defiance; and show him (Mr. Rotch) the fallacy of the idea which he entertained of its efficacy. The person sent to him had been an under-gardener to the Marquis of Ahercorn, and was severely afflicted with the sciatic rheumatism. So great, indeed, was his torment, that it compelled him at times to scream out in agony. And the only relief which medicine could afford him was by changing one pain for another. That same man had been for two months in St. George's Hospital, and two months in another, and was discharged from both as incurable. He was brought to his (Mr. Rotch's) house in a garden-chair, and could not walk a single yard without the use of crutches. But after he had undergone the Hydropathic treatment for a few days, he was able to walk about without the aid of any thing but a stick which he sported more for an 'ornament, than use.' And after sweating from two to three hours every day, and undergoing the douche and other baths, he had gained two stones in weight, and was advancing daily in health and strength."

Mr. Rotch likewise stated, that "one of his servants had experienced the beneficial effects of the Hydropathic cure. His cook had suffered from head-aches for some time; and a considerable sum had been expended annually in medicine for her; but to no avail. At last there was a medical consultation in his kitchen; and three learned physicians—the cook, the house-maid, and scullery-maid—came to the conclusion of adopting the plan recommended in Mr. Claridge's book in such cases. A pie-dish containing water was brought in, and the cook after bathing the back and each side of her head: and afterwards taking sundry foot-baths was completely relieved of her head-ach."

## CONCLUSION.—A FEW PRACTICAL HINTS.

Immediately on rising in the morning, rinse the mouth and wash the teeth with cold water, then drink two or three glasses of spring water; after this, the whole body, especially the head, must be washed. If a thickness in the throat be felt, gargle well, and rub the outside of the throat three or four times a day, with a cold wet hand; keep the water in the mouth until it becomes warm, then repeat it. This method is recommended for clearing and strengthening the throat. If you feel cold, walk up and down the room a few times, and this sensation will soon go off. Take cold milk and bread to breakfast; but if coffee or tea is preferred, take a glass of water to diminish their exciting effects. A glass of water an hour before dinner will sharpen the appetite and invigorate the digestion. At dinner, let excess be avoided, and then the quality of the food will require but little attention: let vegetables, however, be taken with the meat, which, alone, is of too nourishing a nature, and has a tendency to thicken the humours. Salt meat and spices are not to be taken, as they cause acidity, and bring on inflammatory diseases. Take nothing too hot; hot things injure the teeth and stomach. Animals refuse all hot drinks and food, and their example should be followed. Priessnitz recommends his patients neither to eat nor drink anything hot; and in complaints of the chest, allows nothing but cold food. At dinner, cold water is strongly recommended as a beverage. As to the quantity to be drank at dinner, two or three glasses, increasing in quantity as the repast is richer or more substantial, will be followed by the best results; but each person must take what suits his own system best. Eat slowly, and chew well; for food, as the proverb says, "if well masticated, is half digested." If, after dinner, you find too much has been eaten, take two or three glasses of spring water to aid digestion. Strong exercise, either of body or mind, is to be avoided soon after dinner: custom alone, in laborious occupations, renders this endurable without injury; but delicate and aged persons should rest for an hour. Those, on the contrary, of sedentary habits, should walk about, either in their room or in the open air.

A glass of water before going to bed, and rubbing the body with a wet cloth, will ensure a healthy sleep; and those who wish to preserve their health will go to bed at ten o'clock; for two hours' sleep before midnight are better than all the other hours: it is this early sleep which enables some people to rise so early in the morning. The benefits of early rising need not be mentioned here. A man in health will find five hours of unbroken sleep sufficient.

In winter, the rooms should not be kept too warm, lest the contrast be too great in going out; and this remark applies also to clothing, which, though fitted to the season, should be as light as possible. Those who use cold water daily, will want no flannel-waistcoats, lamb's-wool stockings, &c. The head itself, after being daily washed with cold water, grows hardy, fears no draught, and needs no nightcap. But besides the liberal use of cold water, wholesome air and free exercise, are necessary for the preservation of health and life. Those who are most in the open air, as sportsmen, gardeners, gamekeepers, &c. live to the greatest age, and enjoy the most vigorous health. Let us, then, as far as possible, feed our systems on the wholesome food of pure air, which only can be attained by exercise. Let us throw open our doors and windows, summer and winter, to air the rooms, nor to suffer a day to pass without taking plenty of exercise. Such exercise, and cold bathing, or washing, with water-drinking, will most effectually operate in protecting us from those diseases to which all who neglect them are most surely liable.